

interest the attitude and level of knowledge in this field of the native medical students as the future promoters of the healthy lifestyle.

Aim of the study. Analysis of official documents on informing consumers about the nutritional value of foodstuff and assessing the degree of awareness of native medical students regarding food labeling, marketed in their marketing objectives.

Materials and methods. The provisions of official documents regarding consumer's information on the nutritional value of foodstuff were studied and analyzed. Through the questionnaire, developed by the author, a study was conducted within "Nicolae Testemițanu" SUMPh, applied to a sample of 350 native medical students from all courses, estimated by the classical standardized formula, according to age, year of study, gender.

Results. The requirements of official documents regarding the information included in the nutrition statements on the labels of food products were analyzed, taking into account the need to protect the consumer's health, but also to promote harmless foods. As a result of applying the questionnaire, it was possible to use the standardized tool, which allowed to highlight the following items in the research groups: when purchasing food products, they are interested with a greater share of the information on labels from years 2 to 4 (41.6%- 46.2%) and according to gender, girls are more interested (girls- 41.9%, boys- 35.6%). The students, included in the age group 26-27 years, draw more attention to the presence of food additives (77.8%). The absolute majority (92.5%- 96.6%) of the students questioned from years 2 - 6 draw special attention to the validity terms of perishable foods, while their storage conditions are interested 79.6% -88, 5% of students from years 2 to 4. Depending on the gender, girls are more interested in comparison to boys, both the term of validity (94.6%; 89.0%) and the storage terms (83%; 79.5%).

Conclusions. The national legislation on informing consumers about food contains various data useful to protect the health. The results of questionnaires indicate a growing awareness of the native medical students, starting with year 2 of the study, on the importance of becoming familiar with the health claims on food labels, which contributes to the further change of harmful habits, and in perspective- to the formation of a knowledge base and attitudes in order to promote a healthy lifestyle among the population.

Key words: Foodstuffs, consumer information, degree of awareness, native medical students.

335. THE HYGIENIC CHARACTERISTIC OF MEDICAL STUDENTS' NUTRITION

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Introduction. Nutrition is a very important part of the field of population general health, including students. Learning the characteristics, factors, measures of nutrition by the student leads to a significant improvement of the status of healthy person among the students, as well as of all the people.

Materials and methods. It was used a questionnaire of 16 questions related to food. The questionnaire was sent to 100 USMF students of each year. 31 men and 69 women participated.

Results. The result of the survey, the analysis of diagrams and graphs show that healthy nutrition is mostly neglected: 68% of students do not have a well-defined and balanced diet. Using BMI, it was found that 72% are part of normal weight category, 9% - underweight category, 14% - overweight category, 4% - 1st stage of obesity, 1% - 2nd stage of obesity. An alarming find is the fact that students tend to eat during the night: 58% prefer to eat once or twice per night. Also, it is impossible not to notice an inclination for vegetarian diet: 13% of participant are vegetarians and 87% have a mixed nutrition. The results are less positive when it comes to students' favorite food: 70% of students consider that their food is suitable for consumption, 39% prefer high fat food, 29% prefer sweets, 17% go for spicy food and 14% prefer salted food.

Conclusions. This study showed that 68% of the students do not have a balanced diet considering type of nutrition, body mass index and having a schedule to eat at fixed hours. In conclusion, based on the factors mentioned above, a series of measures need to be taken in order to improve the quality of food ration, by motivating students, and to avoid the appearance of pathologies related to food consumption.

Key words: health, improvement, measures, pathologies, body mass index.

336. THE ESTIMATION OF THE HEALTH STATUS OF STUDENTS FROM USMF NICOLAE TESTEMITANU

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Introduction. The health status of young students is a major concern, both locally and globally, because this category of the population contributes greatly to the social and economic development of the state.

Materials and methods. The registers of the students' visit due to illness to the family doctor were used. The addresses of patients were analyzed during 3 years: 2017 - 2019. The total number of people involved in the study was 886 students.

Results. Students who visit the family doctor due to illness, annually, represent a ratio of 8.4% of the total number of USMF students. The most common reasons of USMF students for visiting the family doctor are represented by pathologies of the respiratory system, which have an incidence of 37%, followed by ENT disorders - 23%. This is an important aspect for the further development of health protection and promotion measures. 87% of the students' pathologies present at the moment of the appointment are the acute ones, an obvious prevalence over 13% - chronic.

Conclusions. The results obtained from this study argue the need for complex medical examination of students, immediately after admission, in order to prevent and control existing chronic diseases, rehabilitate students' health and monitor its dynamic during the years of study.

Key words: student, health, stress, diet, sedentary lifestyle, morbidity.