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233. NUTRITION OF THE STUDENTS FROM UNIVERSITY OF MEDICINE AND PHARMACY TIRGU MURES

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Background: Appropriate nutrition in humans is one of the most important factors affecting normal development, nutritional status and being in good health. University students can be overburdened with responsibilities arising from their studies which may result in abnormal diet/nutrition and decrease their levels of physical activity.

Objective: To determine and assess nutrition and eating habits of students from the general medicine who are in the first year compared with students from same academic centres also studying generale medicine who are in the last year.

Material and method: This study is an cross-sectional study which includes a total number of 246 students, in which 152 from the first year and 94 from the last year. We use an anonymously questionnaire. We used Graph Pad for statistical processing. Data was obtained by questionnaires including the importance of nutrition and sport in their lives.

Results: From the total of 246 participants, 152 (75% women and 25 % men) were from the first year and 94 (72% women and 28 % men) from the last year. For these students we evaluated the physical activity, eating habits, meals schedule and liquids ingestion. The physical activity was not a predictor factor in our study ($p = 0.02$); 25% from first year students practice sports less than 6th year students- 42,6%. 81,9% from 6th year students prefer to eat home cooked meals opposite to the 1st year student- 83,9% who eat more likely at the restaurants or canteens ($p=0,001$). 63,2% of students from the 1st year eat more white bread despite the 45,7% from the 6th years ($p=0,028$). Regarding the consumption of liquids we didn't discover any significant difference between the 2 lots ($p=0,008$). The majority from the both lots prefer consuming water (85,5% from the first year and 75,5% from the last year are consuming water). As for eating fats, we noticed a significant statistics difference ($p=0,001$). 51,3% students from the first year prefer eating more butter compared to 46,8 % students from the 6th year.

Conclusion: There are results in our questionnaire that have statistical significance but the majority doesn't. Despite the fact that the 6th year students have developed more knowledge about healthy alimentation, they have a nutritional status hasn't improved so much. It is important that the learning program should allow breaks for meals at fixed hours. Students should have access to a canteen with healthy meals, meals adapted to the physical and mental activity. Getting used to some healthy eating habits must be done from early ages, because those will be preserved all live long.

Key words: eating habits, students, nutrition, sport.