Public Health Section

Comprehensive Scientific Research to Assess the Impact of Behavioural Risk Factor for Cardiovascular Diseases

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A multicenter randomized research studied lifestyle factors impact on the development of socially important diseases among population of Kazakhstan. The study involved experts from leading research institutes: cardiology and internal medicine, maternal and child health, oncology and radiology, ophthalmology, psychiatry and healthy lifestyle center. Objective: Development new organizational approaches and efficient forms, economically feasible proposals for preventive work on major socially important diseases (arterial hypertension, ischemic heart disease (IHD), diabetes mellitus (DM), asthma, breast cancer, cervical cancer) in primary health care. Methods: socio-hygienic, statistical, informational, epidemiological, preventive, clinical, paraclinical, laboratory, sociological and mathematical. Results: Population of Almaty and Enbekshi-Kazakh rayon of Almaty oblast was studied (1500 people). Prevalence of risk factors and cardiovascular diseases·(CVD) (32,0 +2,8); IHD (18.1 2.3); with DM 0,33%, asthma - 1,64%; with allergic rhinitis - 10.49%; with diabetic retinopathy from 8,5 to 86,5; with depressive condition - 52.7%; all these diseases had higher rates among urban residents than rural ones. Among CVD risk factors an overweight was a leading condition. Analysis showed strong linkage between CVD and overweight among both men and women. The second and third ranks accounted for tobacco smoking and atken-tea (tea with salt and milk) use, the fourth - intake of alcohol. 77,0% of examined healthy people under age of 30 had prenosological conditions, enable to disorder normal adaptation, lead to diseases onset in later life. Work of School of health and observation of experimental group in 60-68% cases showed positive results in correction of functional conditions. Most people were not informed about ways of diseases prevention and had no healthy lifestyle skills. Among the urban percentage of people aware of healthy lifestyle importance was 21.78%, among the rural -18.81%. Low doctors and nurses' supply in Almaty city and Almaty oblast, disparities and uneven, poorly trained staff, high rates of layoffs reduced availability and quality of health care including preventive health care. Based on the research results training programs "Technology of preventive education at schools of health for patients with cardiovascular diseases", "Technology of preventive education of patients with diabetes, obesity, metabolic syndrome" were developed and applied. Screening programs developed to identify risk factors of socially important diseases at primary health care settings as well as algorithm technology for early detection and monitoring of patients with hypertension and coronary heart disease, angina, myocardial infarction.

Prevalence of Obesity, Weight Perceptions and Weight Controlling Practices Among Female College Students in Kerala, India

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Obesity has been described as an epidemic which is spreading globally. Insufficient awareness regarding obesity and undue concern about weight issues have given rise to a spectrum

ranging from increased morbidity, unhealthy diets to low self esteem, depression. Female college students and adolescents have been reported as the most vulnerable population in studies conducted by Mooney et al (Ireland), Davies and Furnham (Britain) and many other authors. Thus, the research question: What is the prevalence of obesity, weight perceptions and weight controlling practices undertaken by female college students in Kerala, India. A Cross-sectional survey was done among 497 girls in the age group 17-20 years studying in college. A pretested questionnaire was used to collect the socio-demographic data, data on weight control practices and weight perceptions. Weight was measured to the nearest 1 kg using a calibrated weighing machine and height was measured to the nearest 1 mm using a stadiometer. BMI categories: Underweight < 20, Normal 20-24.9, Overweight 25-29.9, Obese >30. The prevalence of obesity was found to be 4.6% while 46% were underweight even though 55% of the study population belonged to the affluent society. Concerning weight perception, 38.3% of students overestimated their weight and 31.3% underestimated their weight. 41.6% of normal weight and 46.7% of underweight subjects were dissatisfied and overestimated their weight, while 51.5% of the obese subjects have underestimated their weight. 30.67% of girls desired to lose weight out of which only 16% adopt exercise as their practice to lose weight while the rest adopt unhealthy dieting practices. 28% of the subjects skip breakfast as a means for the same. Conclusion: In this study the prevalence of obesity was found to be 4.6% which is significantly lower than that in developed countries. However, even though majority of the study population belonged to affluent society the prevalence of underweight was found to be 46%. More than 70% of the subjects have false perceptions regarding their weights. Majority of the subjects resort to unhealthy eating practices, as a means to control weight and this in turn may lead to hazardous effects in the future.

Nutrition Peculiarities of an Under School Age Childs Group From Negresti City, Romania

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Assessing the preschool child's nutrition, appreciation of the relationship that exists between child's nutrition and maternal educational level. Study group included 134 preschool children from" Whipster" Kindergarten No.1, in Negresti City, Vaslui County, Romania. Mothers responded to a questionnaire on the different food weekly consumption frequency. We insisted on the use of milk and dairy products, eggs, fish, fat, meat, vegetables, sugar products, cereal products and fruits. Statistical data were processed using Pearson test. We used the different kind of food frequency questionnaire, and then we realized that nutrition correlation with maternal education. Daily consumption of milk appears in 58.9% of cases. Unfortunately, there are also cases with rare consumption of milk (once a week) (12.7%). Daily consumption is dominant regardless of maternal education (p> 0.05).Cheese is mostly consumed 2-3 times per week (40.3%). Unfortunately it also appears null variant (8.9%), which is gravely. In majority, egg consumption is 2-3 times per week (57.5%). Again, the null responses (4.5%) and those of daily consumption (3.7%) are alarming us. Especially animal fats are consumed 2-3 times per week (34.3%) or once a week (32.8%). In studies, differences appear only in beef meat consumption where mothers with secondary education level refuse to give it (p<0.05). Mothers with secondary education give daily potatoes, while in other cases, the dominant use is 2-3 times (p<0.01).Dry bean consumption is very varied, with statistically significant differences (p<0.05). Sweets are consumed mostly by 2-3 times (29.1%) and daily (38.1%). Daily consumption is dominant in mothers with secondary education, vocational, high-school and university. Those with post-high-school studies use 2-3 times, so that differences that appear are statistically significant at p <0,001. Cereal products provide more calories, so that