

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

Author: **Lilia Cașciuc**

Scientific adviser: Rubanovici Vladislav, PhD, University assistant, Department of Hygiene, *Nicolae Testemitanu* State University of Medicine and Pharmacy, Chisinau, Republic of Moldova.

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.