

HYGIENIC EVALUATION OF PRE-SCHOOLERS' NUTRITION IN CHISINAU

Authors: Dranca Cristina; Rubanovici Vladislav, PhD in Medical Science, Assistant Lecturer, Department of Hygiene

affiliation: pritulacristina@mail.ru; vladislav.rubanovici@usmf.md

Introduction: Thanks to the lifelong promotion and protection of the population's health, we will prevent the population's illnesses, promoting well-being, physical, mental and social comfort. Children and young people enjoy special attention, given the quantitative and qualitative changes that go on in their bodies in the process of growth and development. Children are a very important target group because the early formation of healthy eating habits is the most effective way to maintain long-term health.

Keywords: pre-schoolers, nutrition, morbidity

Purpose: To study the nutrition of children in preschool institutions in Chisinau and assess their morbidity.

Material and methods: In this study, the nutrition of children in preschool institutions in Chisinau has been evaluated based on the analysis of distribution menus over two years. The quantity and quality of real food and the health of children in each sector of Chisinau have been appreciated.

Results: Throughout the study, the energy value of the pre-schoolers' food ration in Chisinau was lower than the norm 1810,93 kcal, this being provided in an average proportion of 63,17 g due to protein, 57,35 g due to lipids and 247,64 due to carbohydrates. Analysis of the material allowed to ascertain that the daily amount of protein offered a pre-schooler exceeds the norm in all sectors in 2018, and lower quantities than the norm were observed in all sectors of

Chisinau municipality for 2019. The number of carbohydrates in the daily food ration was close to the norm, in 2018, and lower than normal in 2019. Lipids contributions in the daily food ration were lower than the norm in all sectors, both for 2018 and 2019. During the research, we observed a high frequency of the morbidity by obesity, malnutrition and tooth decay.

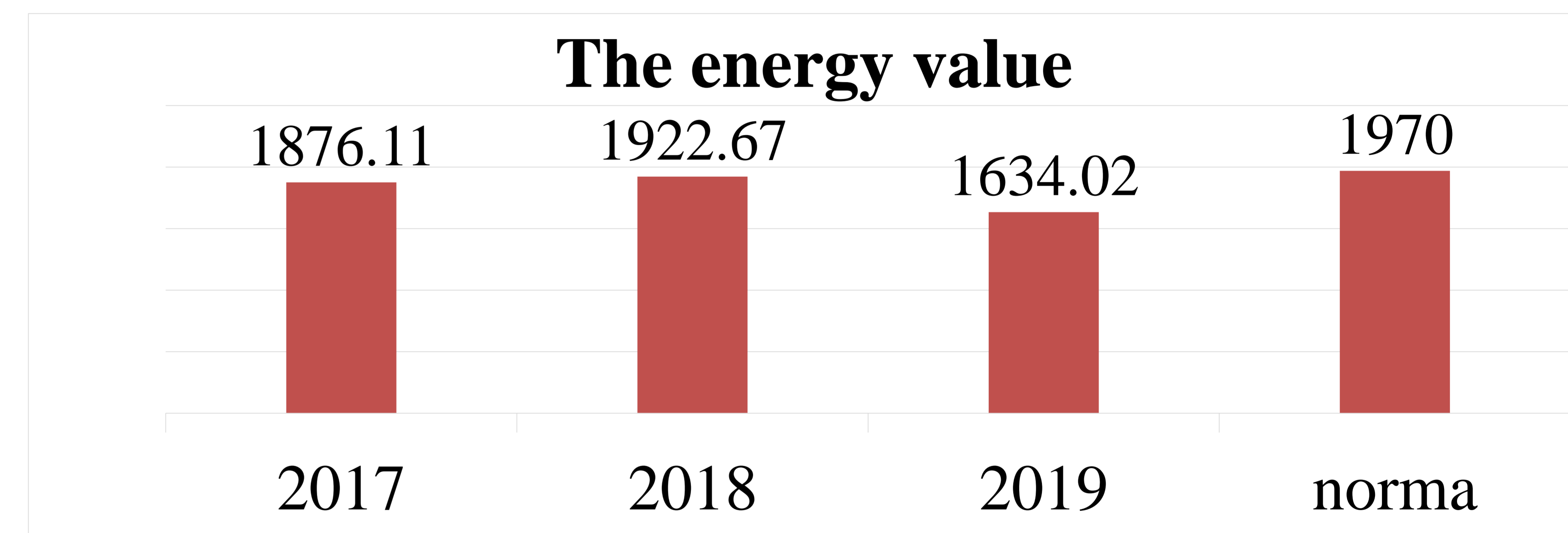


Figure 1. The daily amount of kcal for preschool children in Chisinau, for the years 2017-2019 and comparison with the norm.

Conclusions: Throughout the research period, the energy value of food ration was lower than the recommendations. The energy requirement for a pre-schooler is 1970 kcal; in Chisinau kindergartens this amount is lower than the norm, therefore, energy value being closer to the norm in 2018, while in 2019 in all sectors of Chisinau, we determined smaller quantities than the norm. The most common diseases of pre-schoolers in Chisinau were tooth decay, overweight (I, II degree), gastritis, mass deficit (I, II degree), cholecystitis and others.