
Comparative Assessment of Nutrition of University Students of Medical and Non-Medical Profile

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Abstract: Currently, nutrition problems are relevant for all segments of the population, including children and adolescents, students. The nutrition of students was studied in this study and according to its results, the largest part of the respondents has an unbalanced diet. Therefore, measures are needed to solve this problem in order to prevent an increase in gastrointestinal diseases not only among students, but also among the entire population.

"According to our observations, nutrition is one of the main determining factors in the issue of health in the world. It is of great importance," says Christopher Murray, director of the Institute for Health Indicators and Evaluation at the University of Washington, which studies public health.

Keywords: students, rational nutrition, health, research, study, gastrointestinal diseases, necessary measures.

The relevance of research. Nutrition is one of the most important processes in human life, because food is a source of energy necessary for the operation of all organ systems, and substances for the normal functioning of the body, such as vitamins, proteins, fats, carbohydrates and mineral compounds. Therefore, the quality of nutrition affects the health of people, their well-being and even the rate of aging. Rational nutrition is important for everyone, including students, as they constantly need to maintain high concentration and efficiency. But it is difficult for students to maintain proper nutrition due to lack of time and a large study load [9, 11].

Currently, in order to preserve the productive power of society, the priority task is to strengthen the physical and mental health of young people. At the same time, nutrition is one of the most important factors affecting health. Rational nutrition of students is one of the necessary conditions for ensuring health, effective learning, maintaining efficiency, resistance to infectious, environmental and stress factors.

The student's health is the most important basis for his future. The organization of rational nutrition of students during their studies at the university is one of the most important factors in maintaining their health and the effectiveness of education. Studying the attitude of students to the issue of nutrition is an important direction in the formation of young people's value orientations towards maintaining their own health through optimal nutrition, developing students' self-awareness in the field of healthy nutrition, improving the quality of life and education of students, as well as reducing the number of alimentary-dependent diseases among young people. [6-8, 10].

Everyone knows that malnutrition leaves negative consequences for the body and is the cause of many diseases. According to statistical data, in the period for 2007-2017 in Uzbekistan, the number of diseases associated with the gastrointestinal tract increased by 22.4% and began to amount to 3.5 million people [10].

According to some studies in countries with developed statistics, 80-90% of people suffer from chronic gastritis; 7-14% has peptic ulcer; 50% has gastroesophageal reflux disease (GERD); 40-81% constantly experience heartburn [1-4, 7].

According to WHO, in most countries the percentage of the population with overweight is more than 40%. Excess weight leads to disorders of the cardiovascular system, hormonal disorders, pathologies of the musculoskeletal system and many others. Thus, in 2019, 1.5 million people died due to diabetes, and this disease entered the top ten most common causes of death. There are 126 million people in 2020 had coronary heart disease and also it had been the cause of 16% of deaths [5].

Rational nutrition is a complete nutrition of healthy people, taking into account their gender, age and nature of work. It helps to increase physical and mental performance and active longevity.

The principles of rational nutrition are:

- the balance between the energy supplied with food and the energy expended by a person during life, i.e., the balance of energy;
- satisfaction of the body's need for a certain amount and ratio of nutrients (proteins, fats, carbohydrates, vitamins, mineral salts);
- compliance with the regimen of nutrition (a certain time of eating, a certain amount of it at each meal, etc.).

Purpose of the study. To study, evaluate and compare the nutrition of students, using the examples of higher educational institutions in Uzbekistan and Russia.

Materials and methods. Was created an online form of the questionnaire, including questions that allow to determine the quality of nutrition. Data were obtained from 206 students (101 from Russia, 105 from Uzbekistan), aged 18-25 years. Next, a statistical analysis was carried out.

Results and discussion. After the survey, it was found that almost all students note changes in the quality of nutrition since the start of their studies (100% in Russia, 90-95% in Uzbekistan). This confirms that students are at risk of being prone to disorders associated with the gastrointestinal tract.

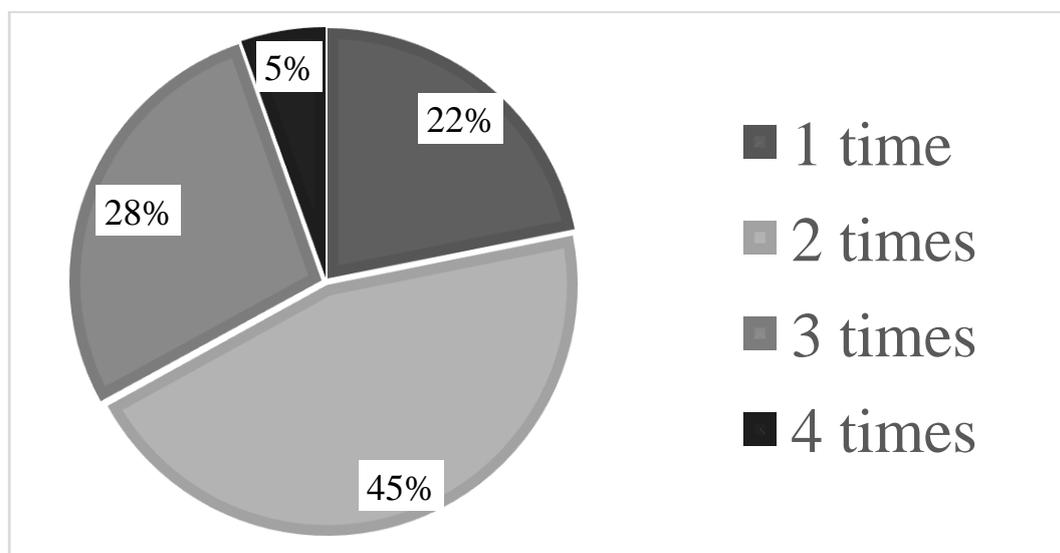


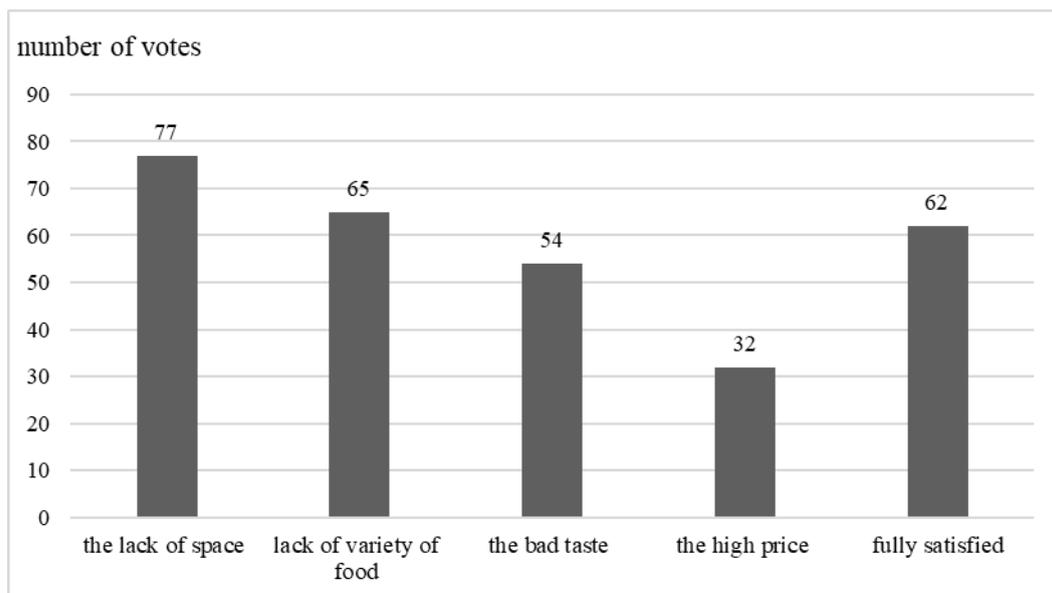
Fig. 1. The frequency of taking full-fledged meals in the interviewed students.

The frequency of eating, which is one of the important components of rational nutrition, is disturbed in most students. According to the results of the survey, more than half of the students, namely 67%, have a full-fledged meal (hot, second courses, etc.) only 1-2 times a day (pic. 1). The situation is not the same in the universities of Russia and Uzbekistan. So, the following distribution is observed: approximately 78% of medical students and 70% of students of non-medical universities in Russia have such a diet, and in Uzbekistan – 60% and 64%, respectively.

It can be assumed that students could make up for missed meals in the canteens of their institutions, but 50% of students do not eat between classes, and 30-36% prefer other places for eating.

To clarify the reasons for the low popularity of canteens, to the respondents were offered several answers: the problem is in the taste of food; lack of variety; little space in the canteens; expensive; there is no reason, everything is fine. The first reason for this is the lack of space in canteens (noted 77 times), the next is the lack of variety of food (65), then the bad taste (54) and the high price (32). Students who are satisfied with everything – 62 (pic. 2).

It follows that students are forced to snack on less healthy food. Thus, almost every day, 50% of students eat “snacks” (cookies, chips, crackers, sweets, etc.), and those students who prefer canteens to other establishments choose fast food in 70% of cases, we have witnessed that similar the results were in the work of other researchers [9].



Pic. 2. The opinion of students about the canteen and the quality of food in it

During the analyzing the quality of nutrition of students, several basic foodstuffs and the regularity of their use (every day and every other day) were identified. Meat is eaten on average by only 45% of respondents; most of all meat is eaten by medical students in Uzbekistan (54%). It should be noted that ungulate meat is much more popular than bird meat. Only 41% of respondents regularly have milk and dairy products in their diet. In Uzbekistan, such products are less popular than in Russia, by 12%. Cereals are eaten only by 39% of the respondents. In Russia, grains are eaten more, but not by much (about 5%). Only 22% of students eat fish and seafood, rich in substances necessary for the body, at least once a week, while approximately 14% do not eat this at all. In Uzbekistan, this kind of food is consumed less by 15-20%. 39% (in Russia) and 57% (in Uzbekistan) of students have fruits

and vegetables every day in their diet. In Russia, fruits and vegetables in the diet are 10-20% less.

According to the obtained data, it can be seen that the nutrition of students is unbalanced, which can influence on their condition. 90 respondents claim that they observe changes in weight, most of them - a set of excess mass; 70 respondents notice gastrointestinal disorders (heartburn, flatulence, heaviness, and others); 58 observe signs of a deficiency of vitamins and microelements.

Conclusions. Students clearly have a disturbed diet. Canteens are not very popular among students. Some types of food are not readily available for regular consumption. The workload of students affects the quality of food.

Recommendations:

- It is necessary to improve the organization of meals in educational canteens, create conditions for a convenient meal (breaks between classes, a convenient class schedule).
- Sanitary and educational work with students on the problem of rational nutrition and a healthy lifestyle, which can be implemented in various ways.
- The work of the state to solve the problems of the availability of certain foodstuffs.

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