



NUTRITION FEATURES OF MEDICAL UNIVERSITY STUDENTS

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Abstract: One of the most important components of student health is balanced nutrition. Features of the lifestyle of students, characterized by a lack of consolidated time, a high rhythm of life, and overstrain of the nervous system, lead to violations of the regime, nature and conditions of nutrition. This is a risk factor for many diseases. In this regard, the purpose of the work was to assess the nutritional characteristics of students that affect their health. As a result of the research, it was found that a significant proportion of students eat less than three times a day. The average values of body mass index in men are determined at the upper limit, and a significant proportion of them have manifestations of hypertension. The greatest correlation between non-compliance with the diet has been established with diseases of the gastrointestinal tract, manifestations of excess weight and dysfunction of the endocrine system

Key words: Nutritional features, student, health

The problem of healthy eating is one of the most pressing in preserving the health of students. Due to lack of time, students are not able to follow the correct eating regimen. They are also characterized by a mostly sedentary lifestyle, which in many cases leads to physical inactivity. Combined with a poor diet, this has a detrimental effect on overall health. The lifestyle of students is very specific, characterized by periodic overstrain of the nervous system. The study load, especially during the session, increases significantly, up to 15-16 hours a day. Chronic lack of sleep, disruption of daily routine and rest, poor diet and intense information load, in some cases lead to a neuropsychic breakdown. To compensate for this difficult situation, a properly organized balanced diet is of great importance [1, 2].

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Materials and methods of research. The work used accounting and reporting materials from a medical examination conducted at the clinic of the Central Asian Medical University, as well as the results of a survey and data on the weight and height indicators of students for the period from 2022 to 2023. Study population: students of medical, preventive medicine and pharmaceutical faculties, total - 1220 people. The criteria for assessing the nature of the students' nutrition were the regularity, frequency and conditions of food intake. The study used standard methods of literary analytical and

retrospective analysis, hygienic diagnostics. Statistical processing of the results was carried out using the Microsoft application package .

Research results and discussion . Analysis of survey data to assess the regularity of food intake showed that 18.5% of students do not have breakfast and 8.7% do not have lunch or dinner (7.9%). The total proportion of students who eat less than three times a day is 35.1% (Fig. 1).

In accordance with the developed biorhythms, regular nutrition ensures not only high-quality digestion of food, but also its more complete absorption. Irregular nutrition causes overload of the digestive system and the body as a whole due to a lack of its own enzymes. Disordered eating, as experimental and clinical observations show, leads to disruption of the physiological rhythm of the digestive apparatus, the activity of the digestive glands, reduces the digestibility of food, and in some cases causes various diseases, primarily of the digestive organs [3, 4].

As an option to solve the issue of irregular nutrition, we considered organizing meals with an increase in the share of home-cooked meals. As a result of a survey of students about the nature of food conditions, it was found (Fig. 2) that meals at home are mainly consumed for breakfast and dinner (82-88%). Most students dine at catering organizations (78%). From 5.6 to 11.3% of students eat in the dormitory and cafeterias of the institute.

An important aspect of proper nutrition is the timing of the last meal. This is due to the biological activity of the digestive organs, which has a certain rhythm.

Thus, scientific studies have shown that the pancreas, which reduces its activity by 17:00; therefore, in the evening, it reacts inadequately to the entry of glucose into the blood: it releases insufficient insulin. After 7 p.m., the lymphatic system slows down. At the same time, the activity of the parasympathetic nervous system increases, which inhibits the release of digestive enzymes, and the activity of food digestion processes decreases. This leads to the fact that in the evening and at night the remnants of undigested food “slag” the body. In addition, in the evening and at night, the processes of fat breakdown are activated in the body, and the products of this breakdown are also intensively removed from fat cells. With poor nutrition, this is of great importance in the formation of excess weight [2, 3].

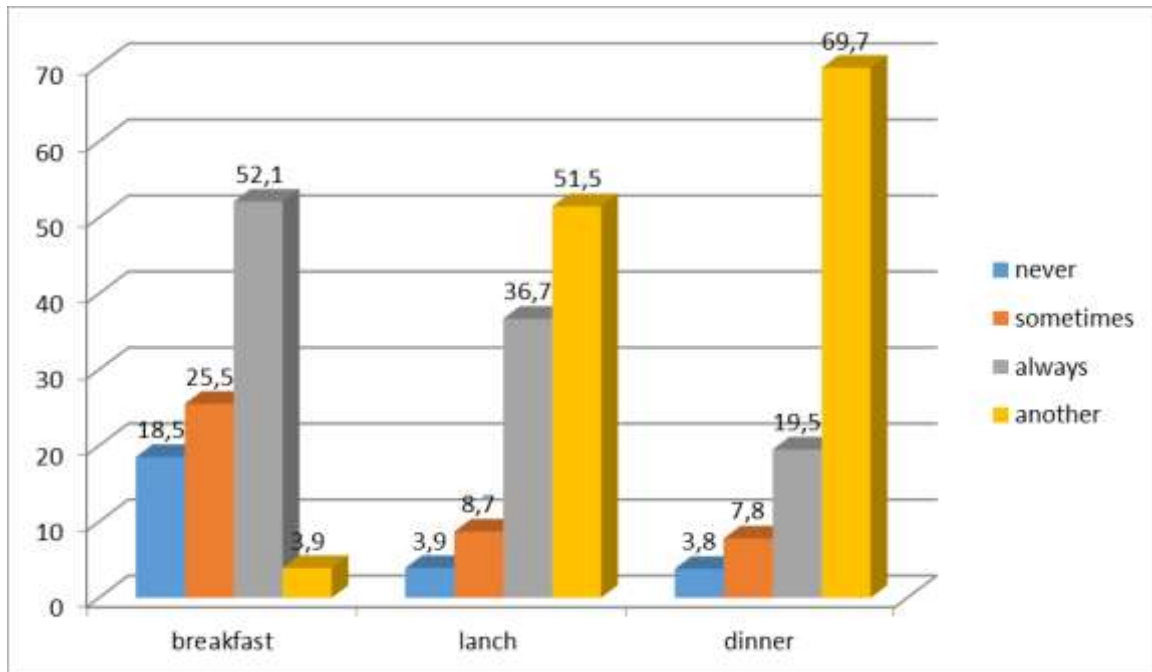


Fig. 1 Regularity of student nutrition

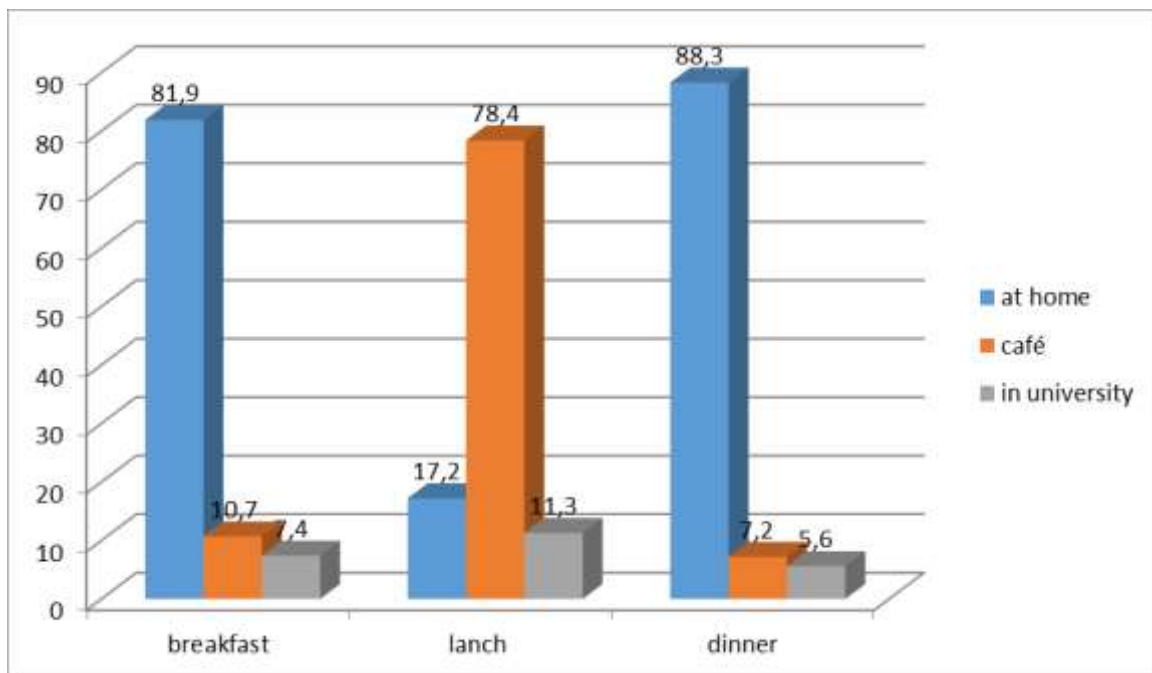
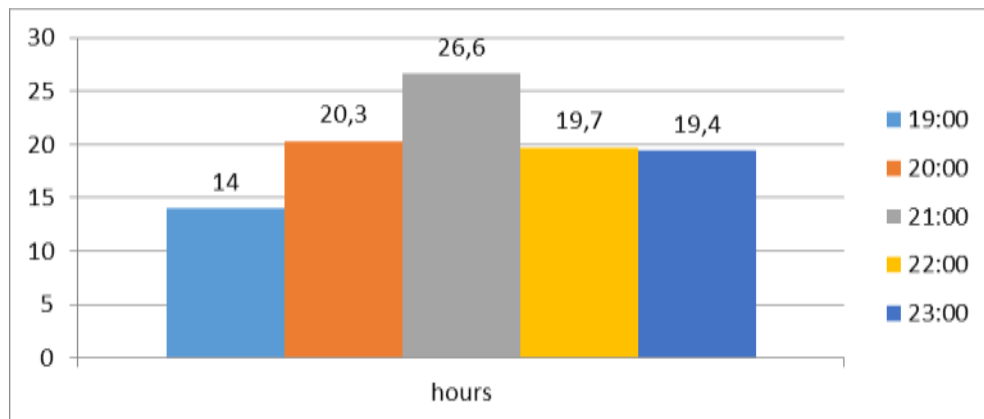


Figure 2. Assessment of student nutrition conditions

Therefore, we additionally included in our studies an assessment of the distribution of food intake by time of day (Fig. 3). From the presented data it is clear that 65.7% of the students surveyed have their last meal after 21:00, and about 20% - after 23:00. As a result of improper nutrition, people are more likely to become overweight, increased incidence of diabetes and cardiovascular diseases. Such nutrition in many cases causes increased fatigue, insomnia and disorders of the gastrointestinal tract. Based on the results of the health assessment, it was found that the body mass index (BMI) of students during the study period was within the average values for men and women. However, the average BMI values for men are determined at the upper limit of normal values. When

extrapolating the resulting trend into the future, it is possible to give a prognostic assessment of excess excess weight in men in 2016-2017. Analysis of data on the relationship between nutritional conditions and complaints made by students showed that late meals are important in relation to the cardiovascular ($r=0.66$) and endocrine ($r=0.64$) systems. Diseases of the gastrointestinal tract are influenced by late nutrition ($r=0.66$), regularity of hot food intake ($r=0.6$), and frequency of meals ($r=0.5$).



Rice. 3. Assessment of the distribution of the last meal by time of day

Conclusions . Thus, a significant portion of students (35%) eat less than three times a day. From 8.7 to 18.5% have one or two meals a day, the time of the last meal in 65.7% falls on the period after 21 o'clock, and about 20% - on the period after 23 o'clock. The average BMI values of men are determined at the top the limits of normal indicators with a tendency to increase and in 12% manifestations of hypertension are noted. The greatest correlation between non-compliance with the diet has been established with diseases of the gastrointestinal tract, manifestations of excess weight and dysfunction of the endocrine system. Summarizing the above, we can conclude that one of the most important components of students' health is a balanced diet. Physical health, the state of immunity, mental harmony, even longevity - all this is directly related to the problem of healthy human nutrition. Lack of time, lack of competence in matters of nutritional culture, and the pace of modern life for students lead to disturbances in food intake, diet, and food choice. Poor nutrition is becoming a serious risk factor for the development of many diseases in the younger generation. To develop positive motivation for students in eliminating this problem, the following positions can be taken: prevention of nutritional diseases of the gastrointestinal tract; maintaining health and attractive appearance; physical and spiritual activity; normalization of body weight. Rational and balanced nutrition allows students to maintain physical health at a sufficient level and maintain psycho -emotional status while mastering professional competencies throughout the entire process of studying at a medical university. A doctor who is attentive to his own health is an example in preventing potential health problems. Only by implementing the principle "healthy doctor = healthy patient" can one successfully create motivation and need among the population to lead a healthy lifestyle.

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