

# **STUDY OF RISK FACTORS IN STUDENTS' NUTRITION DEPENDING ON THEIR PLACE OF RESIDENCE DURING THE WAR YEAR**

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The war has become a stressful factor that has definitely affected each of us. Students are no exception. A proper and nutritious diet has faded into the background due to being in such a situation for a long time. It is not only about the necessary calorie content of the daily diet, which is required for a young body, but also about its balance, completeness, and timely intake of food. In addition, many students have now been forced to leave their homes, and a certain part of them are abroad as refugees, which cannot but affect both their usual diet and mode of nutrition. Therefore, studying the effects of uncompleted nutrition on students' health is an important direction of hygiene research.

The purpose of our research was to study changes in students' nutrition during wartime and analyse them in terms of possible negative effects on the body.

We used such research methods as descriptive, survey, statistical and comparative analysis. To check the changes in the diet, 40 students (18 men and 22 women) aged 18 to 20 years were interviewed using an on-line questionnaire created by ourselves. In order to accurately assess the changes in students' diet during the year of war and identify the causes of these changes, certain criteria were identified, such as place of residence (before 24 February 2022 and after the outbreak of war),

physical activity, dietary compliance, nutritional balance, drinking regime, and compliance with the principle of "healthy food plate".

It was found that until 24 February 2022, all the surveyed students lived in Ukraine, at their permanent place of residence. After 24 February 2022, 50 % of students remained in Ukraine as internally displaced persons (IDPs), 20 % moved abroad, and 30 % remained in their usual place of residence. During the war in Ukraine, most educational institutions introduced distance learning, which changed the physical activity of students. Only 10 % have a high level of physical activity, 40 % have a moderate level of activity, and 50 % have a low level of physical activity, which can have a negative impact on nutritional status. As the duration of work with electronic gadgets has increased, many students have also increased the frequency of unhealthy snacks (sandwiches, crisps, crackers etc.). Due to the large number of snacks, students' eating habits have been disturbed. This can have a negative impact on the digestive system and the musculoskeletal system.

According to the survey, 30 % of students who stayed in Ukraine and have IDPs status are eating worse than in peacetime. This is due to the fact that most of them receive food mainly from humanitarian aid, which rarely includes fresh vegetables, fruit and meat. Therefore, their diet can be considered unbalanced, due to the lack of unprocessed foods and the consumption of a large number of canned foods.

Failure to maintain a balanced diet and excessive consumption of food industry' products (canned food, sausages), which may contain a lot of trans-fats, increases the risk of metabolic disorders and chronic diseases of the digestive and cardiovascular systems.

According to the survey, the 30 % of students who have remained permanently resident in Ukraine and 10% of those with IDPs status claim that they have the opportunity to buy the food they need for a balanced diet. 30 % of students who have moved abroad also admit that they are eating better because of the better level of humanitarian aid, which includes more fresh vegetables, fruit and meat.

So, 70 % of students can have a balanced diet, but according to the survey, only 30 % of them maintain a balance of basic nutrients.

Drinking regime is observed by 30 % of students, while the remaining 70 % neglect it. Non-compliance with the drinking regime is mainly due to the lack of good quality drinking water, excessive consumption of sweet fizzy drinks, and uncontrolled drinking. It is known that consuming insufficient water can lead to fatigue and reduced performance, as well as impaired digestion and absorption of food.

According to the survey, 80 % of students don't follow the principles of a healthy eating plate. Most eat affordable and fast food with a high content of simple carbohydrates (sandwiches, snacks, instant noodles). The reason for this is the difficulty in adhering to the usual diet, neglect of the principles of rational nutrition, and difficulties in providing a variety of foods through humanitarian aid.

To summarise, approximately 70 % of students have experienced significant changes in their diet due to the hostilities in Ukraine. Their diet has significantly deteriorated, their eating habits have been disturbed and their consumption of fast food has increased, which can have a negative impact on their health and working ability.