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**HYGIENIC FEATURES OF FOREIGN STUDENTS NUTRITION AT A
MEDICAL UNIVERSITY**

Introduction. Poor nutrition is a vital public health issue that is critical to health and the economy. The importance of nutritional knowledge when developing a diet plan is often overlooked. When students enter to university in another country, their nutrition substantially changes. Cases of malnutrition, skipping meals, irregular eating habits, fast food addiction, eating poor-quality or non-traditional foods are frequent. These and other reasons can lead to an increase or decrease in weight, and in some cases to the development of diseases of the gastrointestinal system.

Aim of this research was to evaluate the nutrition knowledge and dietary intake among the students of Kharkiv National Medical University.

Research methods: 100 students (without gender separation) of 2nd year medical students were asked to answer a nutrition knowledge questionnaire. The questionnaire included questions about catering, for example, the place of eating (at home, restaurants, self-cooking), healthy / unhealthy foods, spicy / non-spicy foods, and other issues.

Results. The findings based on the questionnaire indicates the importance of nutritional knowledge in health care education to improve the dietary intake of university students.

Contradictory results are as such, 76.92% of students prefer fast foods rather than preparing food at home. Although 83.08% of students do not have their meals on time due their hectic schedule in the university. While 69.23% of students choose unbalanced meal. However there are few positive results among the students such as, 70.77% of students do not have frozen meals and 92.31% of students keeps the food environment clean.

Conclusion. The survey results indicate the presence of significant problems in the catering system of students from other countries. Physical activities and well planned diet are equally connected with our health and well being. Therefore, every student must aim to have a proper diet plan and good knowledge about the nutrition.