Students' Lifestyle at the Higher Medical School in Bitola

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Abstract

Introduction: The obesity is a risk factor for many chronic non-communicable diseases that presents a trend of global growth. It is directly related to the lifestyle of all ages, especially among young people. The purpose of this research is to analyse the healthy and unhealthy habits among students at the Higher Medical School in Bitola.
Materials and methods: cross-section study has been conducted in which 200 participants (106 females and 94 males) were included, which were distributed with anonymous questionnaire consisted of questions about nutrition, physical activities, rest, sleeping hours and presence of stress.
Results: according the processed results it was shown that 43% of students are overweighed, 46% of the participants do not have breakfast, 38% regularly consume fruits and only 20% consume fresh vegetables on daily basis. 65% of the students regularly consume milk and dairy products and less than 20% consume fish on weekly basis. The regular active physical activity is present only in 28% of the students, half of them sleep 5-7 hours a day and only 30% have rest during the day. As for the stress 25% of the participants declare that they were under stress, anxiety is present in 35% of them and fatigue in 40% of the participants in the last 3 months. According the unhealthy habits the results has shown that 80% of the students consume moderate amounts of alcohol and 57% smoke more than 10 cigarettes a day.
Conclusion: the irregular nutrition and unhealthy habits among students indicate the necessity for undertaking activities in order to actualize the health habits and improve the lifestyle.

Introduction

Obesity in particular is increasing globally at an alarming rate and is estimated to be the fifth leading cause of death worldwide (1), and it is a risk factor for many chronic non-communicable diseases that presents a trend of global growth. It is directly related to the lifestyle of all ages, especially among young people.
Sedentary lifestyles and unhealthy eating habits are among the major causes contributing to the obesity epidemic (2).
The purpose of this research is to analyse the healthy and unhealthy habits among students at the Higher Medical School in Bitola.

Methods and Materials

Materials and methods: cross-section study has been conducted in which 200 participants (106 females and 94 males) were included, which were distributed with anonymous questionnaire consisted of questions about nutrition, physical activities, rest, sleeping hours and presence of stress.

Results

According the processed results it was shown that 43% of students are overweighted, 46% of the participants do not have breakfast, 38% regularly consume fruits and only 20% consume fresh vegetables on daily basis. 65% of the students regularly consume milk and dairy products and less than 20% consume fish on weekly basis. The regular active physical activity is present only in 28% of the students, half of them sleep 5-7 hours a day and only 30% have rest during the day. As for the stress 25% of the participants declare that they were under stress, anxiety is present in 35% of them and fatigue in 40% of the participants in the last 3 months. According the unhealthy habits the results has shown that 60% of the students occasionally consume moderate amounts of alcohol and 37% smoke more than 10 cigarettes a day.

Discussion

Health-promoting lifestyle among adolescents has received an increasing attention worldwide. For example, studies conducted in United States (US) and European countries that evaluated the health-promoting behaviors of university students particularly their physical activity and eating habits or diet.

These results emerged at this period during the university stage of students shows the risky health and nutrition activities such as unhealthy diet practices.

Conclusions

The irregular nutrition and unhealthy habits among students indicate the necessity for undertaking activities in order to actualize the health habits and improve the lifestyle.

Chart 1. BMI in students

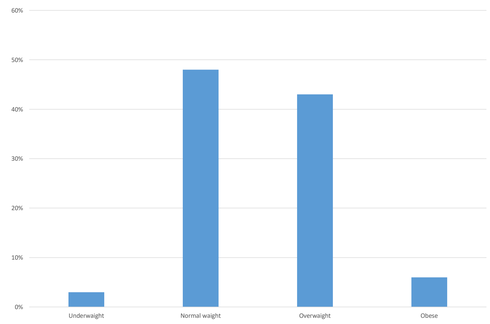


Chart 2. Smoking status in students

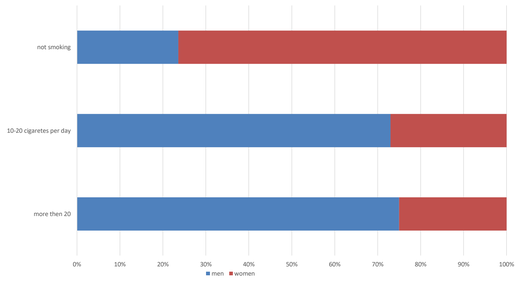
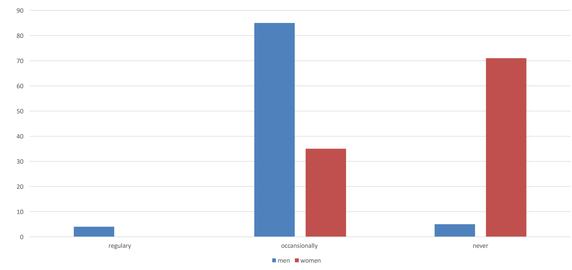


Chart 3. Alcohol consummation in students.



Future Directions

As universities are ideal settings for implementing health promotion programs, planning and implementing those programs to motivate students to be more responsible for their own health, engage in regular physical activity, and practice healthy diet with the purpose of promoting health and preventing diseases are of paramount importance.

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Acknowledgements

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