



Problems in the Nutrition of Medical University Students

Murodqosimov Saydolim

Associate professor of the Department of Epidemiology
of Samarkand State Medical University

**Mamatkulov Ta'lat
Tahirovich**

Assistant of the Department of Epidemiology
of Samarkand State Medical University

ABSTRACT

It is one of the weakest segments of the population in terms of quality and quantity indicators of Student Nutrition. In this regard, we conducted a study aimed at identifying the peculiarities of the nutrition of students of Samarkand State Medical University.

Keywords:

students, nutrition, diet, breakfast.

Introduction. Nutrition is well known as a central component of a healthy lifestyle. Over the past 50 years, diets low in the key nutrients found in fruits and vegetables and high in salt and fat have contributed to poor food intake and increased the burden on the health care system, population health systems and, increasingly, Earth system professionals. The prevalence of poor nutrition has increased throughout the 21st century, and this is highlighted by inequalities in health determinants within and between countries. Globally, 11 million deaths each year are attributed to dietary factors, putting poor nutrition above any other risk factor for death in the world. People in almost all regions of the world could benefit from improving their diets by increasing consumption of essential nutrients and foods. One of the key strategies for supporting healthy eating among the population is the promotion of healthy eating through health services. In many countries, professional organizations recommend that physicians put nutritional knowledge into practice to help patients manage chronic lifestyle diseases and other

nutrition-related conditions for which poor nutrition is a major risk factor. This support is called nutritional care and is defined as any practice undertaken by a health care provider to improve nutrition behavior and subsequently improve patient health. Caring for good nutrition is fundamental.

In recent years, there has been a significant increase in attention to the problems of nutrition as the most important factor mediating the relationship between humans and the external environment and determining the health status of the adult and child population. The relevance of food quality and safety issues increases every year. Optimal quantitative and qualitative nutrition creates conditions for preservation of health, harmonious growth and development of the organism, maintenance of high mental and physical performance, normal regulation of functional activity of organs and systems, and also reduces the risk of developing a number of diseases

Purpose: assessment of the nutritional diet of students of the Medical University.

Materials and methods: 100 people – students of Samarkand state medical university aged 18-25 years, 43 of them young men and 57 girls, a questionnaire survey was conducted. The statistical processing of the resulting result was carried out in the “MS Excel for Windows” software tool.

Result: during the survey, it was found that 18% ate up to 1-2 times a day, 73% ate 3-4 times a day, and 9% ate up to 5 times (Figure 1), including 46% of them were at home every morning, 8% were on the roadway and 41% did not pay attention to the regularity of morning breakfast, 8% did not (Figure 2) 40% of semi-finished products, 21% of milk and dairy products (milk, sour cream, glaze, cream), porridge in 15% of people are an integral part of the tomorrow's diet. It was found that 21% of products are now semi-finished products, sometimes dairy products.

72% of students always eat a variety of sandwiches and tea and coffee with or without milk for breakfast. When asked how often they consume milk and dairy products (milk, yogurt, cottage cheese, sour cream, cheese, butter), it was found that 47% consumed 34% every day or day, one or more times a week, while those who remained rarely consumed dairy products.

During the survey, it was found that 60% of students rarely consume vegetables and fruits when asked how often they eat vegetables and fruits, while 30% of students rarely consume vegetables and fruits, remaining several times every week. When asked to eat fish products, it was found that 47% would rarely consume 39% once a month, and the remaining 14% a few times a year. Another independent section of the questionnaire contained questions related to fast food, chips, various sweets, carbonated drinks, since such products contain a large amount of food additives and preservatives, sugar, fats (mainly saturated) and oxides formed from them. These substances can negatively affect the human body and even lead to carcinogenesis. Fast food from students (burgers, potato fri, pizza,

shaurma and cobs.) how often they consume 29% of them every day 62% of them consume a few times a week only 9% of them express that they do not consume fast food, 61% of them consider it good when their relationship with fast food is driven 15% of them do not like but I want to, 18% of them resign because they are comfortable and The state of Health is significantly influenced not only by the composition of food, but also by the nutritional regime. It is found that 41% of students eat dinner mainly at night, from 17:00 to 19:00, 43% from 19:00 to 21:00. More than half of the respondents admit the imbalance of their diet by one or more criteria, but do not want or cannot correct it, because of the constant 3-4-time eating regimen, and they do not have time to independently prepare food every day. At the same time, almost all (95 %) unhealthy diet is aware of the consequences, and only 5% of those surveyed answered this question negatively. 45% of respondents went to the doctor due to the presence of complaints from the digestive system, and 31% did not even address it, even if there was a disorder of the gastrointestinal tract. 22% of students have diseases of the organs of the digestive system, which are reliably diagnosed, and 43% have excess weight.

Conclusion

Thus, it turns out that a large part of students do not adhere to the principles of rational nutrition when forming their own diet, although almost all are aware of the consequences of improper nutrition. The impossibility of correcting the diet is explained by objective (lack of time)(7 photos) or subjective (unwillingness to cook independent food at home and sympathy for fast food) reasons. In the majority of students A third of those surveyed have a diagnosis of diseases of the organs of the digestive system and/or excess weight.

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