

TRANSVERSAL STUDY OF EATING HABITS AND LIFESTYLE ASSESSMENT IN A POPULATION LOT OF 464 PERSONS IN BACAU COUNTY

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Abstract: The purpose of the study is to assess the dietary habits at different age groups on a population lot of 464 persons from Bacau county (rural and urban), applying an adapted questionnaire of food frequency. 45% from the total 214 interviewed persons from rural lot eat fat food on a daily basis, while in the urban lot just 2% from the total of 250 interviewed persons eat fat food daily. In the rural lot, the most of interviewed persons (194 persons, 91%) have daily in the diet food rich in cholesterol, compared with the urban lot where most of the people don't have in their daily diet food rich in cholesterol (188 persons, meaning 75%). From the salt eating habit point of view, in rural lot, 198 persons meaning 92.52% from interviewed persons evaluated themselves as salt consumers, while in the urban lot, a lower rate (57.2%) are salt consumers. In what concerns the fruits and vegetables eating habit, either in the rural (83%) or in the urban lot (82%), the rate is high for this food that brings important intake of vitamins, mineral salts and dietary fibres. The possible explanation can be the fact that in the rural area, vegetables are more accessible and easier to obtain and in the urban are people are probably more aware of the good role of these types of foods

Cuvinte cheie: deprinderi alimentare, stare de nutriție, ancheta alimentară, stil de viață sănătos

Rezumat: Obiectivul studiului este acela de a evalua deprinderile alimentare specifice pe grupe de vârste la un lot populational de 464 de persoane din județul Bacău (urban și rural), prin aplicarea unui chestionar adaptat de frecvență alimentară. 45% din totalul de 214 persoane intervievate din mediul rural consumă zilnic alimente bogate în grăsimi în timp ce în mediul urban doar 2% din totalul de 250 de persoane intervievate au în meniul zilnic alimente bogate în grăsimi. În mediul rural, cele mai multe persoane au un consum zilnic de alimente bogate în colesterol (194 persoane, 91%), față de mediul urban unde cele mai multe persoane nu consumă zilnic alimente bogate în colesterol (188 persoane, reprezentând 75%). Din cele 214 persoane din mediul rural intervievate, 198 (92,52%) s-au autoevaluat ca și consumatori de alimente sărate, în timp ce în mediul urban, din 250 de persoane intervievate, un procent mai mic, respectiv 57,2% sunt consumatori de alimente sărate. Din analiza consumului de legume și fructe reiese că un procent crescut de persoane (83% în mediul rural și 82% în mediul urban) consumă zilnic aceste alimente deosebit de importante prin aportul de vitamine, săruri minerale și fibre alimentare. Explicația poate consta în faptul că legumele reprezintă în mediul rural un aliment mai accesibil, iar în mediul urban ne putem gândi la o conștientizare mai bună a rolului legumelor și fructelor în alimentație.

INTRODUCTION

Nutritional status is a comprehensive term which refers to health (growth, functionality, organs structure), in correlation with used food.

Assessing population nutritional status is very important for health status evaluation. This can be performed independent or in correlation with eating structure in that population (food assessment).

Dietary habits play an important role in health maintenance but also in many disease appearance:

- 30-65% of all cancers are directly related with diet
- wrong diet is a major factor in cardiovascular disease appearance
- correct diet and appropriate physical exercises can also eliminate insulin needs for the mellitus diabetes
- osteoporosis is much rare at Asian women who frequently consume soya and soya derivatives

The present study aims to assess dietary habits specific on age groups and to identify possible eating disorders in

correlation with age, sex and residence (urban/rural).

MATERIAL AND METHOD

In order to accomplish the assumed objectives it was used as study tool, a questionnaire adapted after the questionnaire of food frequency developed by US National Institute of Cancer in collaboration with other American universities. It was used the interview method to complete the questionnaire in a 464 lot of persons.

The whole lot was divided in subgroups of ages in correlation with food consumption recommendations of the Ministry of Health: 20-40 yo, 41-65 yo and over 65 yo.

Young people under 18 yo, were included in young adults category (20yo-40 yo) and were analysed in the context of this group of age.

The lot was also divided after the residency environment, rural or urban. The rural lot is formed by 214 persons, with the following age distribution: 61 persons in 20-40 yo group of age, 74 in 41-65 yo group and 79 persons in the

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group over 65 yo.

The urban lot contain 250 persons with the following distribution: 50 in 20-40 yo group of age, 91 in 41-65 yo group and 109 persons in the group over 65 yo.

In the present paper will be analysed dietary habits and other components witch complete the diagnostic of a healthy lifestyle.

The dietary habits were raported to U.S. Dietary Guidelines for the total fat, the cholesterol and salt daily consumption.

The diet and other elements of lifestyle were assessed using the recomandation for cancer prevention published by American Cancer Society.

Before the study began, the instruments and the methods of data collection were pretested. The results determined questionnaire modifications and for some stages in data collection. In the pretested stage were considered the possible barriers which can appear in implementation and also the modalities of their prevention and overcoming.

RESULTS AND DISCUSSIONS

From the total of 214 interwied persons from the rural lot, 118 (55%) declared that they don't have foods rich in fats in their daily diet and 96 (45%) declared they use daily fats rich foods.

In the urban lot, just 2% of people have in the daily diet foods rich in fats (4 persons form the total of 250)

Figure no. 1. Percentage distribution by age of those who do not consume foods high in fat daily total urban lot

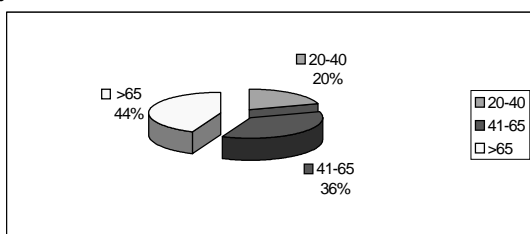
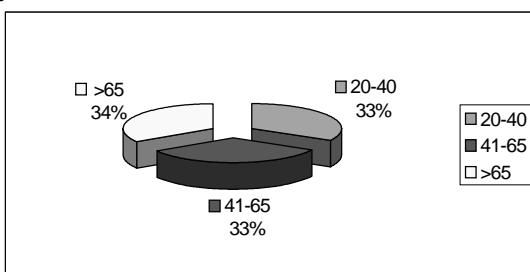


Figure no 2. Percentage distribution by age of those who do not consume foods high in fat daily total rural lot



Distribution by age groups of people who do not consume fat in both rural and urban are relatively balanced, with that percentage rising slightly with increasing age group, both for urban and rural areas.

Analysis of the average resident to conduct daily consumption of foods high in cholesterol, there is reversed in the two areas, namely rural, most people interviewed say they have a daily consumption of foods rich in cholesterol (194 people, 91%) versus urban areas where most people say that eating cholesterol rich foods daily (188 people, representing 75%).

In rural areas the age group most cautious in the use of cholesterol-rich foods daily is 41-65 years (10 individuals, 50% of rural people who do not consume cholesterol).

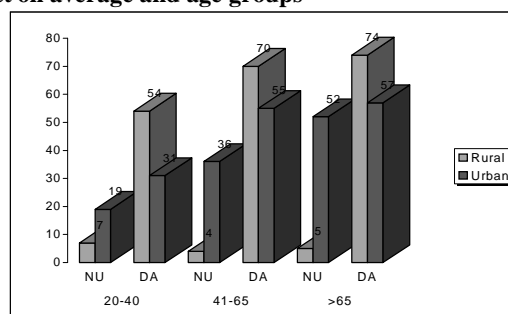
In urban areas, the distribution by age groups of people who daily consume cholesterol is not uniform, the highest percentage recorded under age 65 years (78 people, 42%).

Of the 214 persons in rural areas surveyed, 198 (92.52%) were self-assess as consumers of salted foods, while in urban areas, the 250 respondents, 143 (57.2%) are consumers salted foods.

The analysis by age of salt consumption on urban / rural areas is noted that in rural areas regardless of age group there is a tendency to use too much salt in the diet, with a greater tendency to use the excess to 41 groups -65 years (70 out of 74 people in this age group, 94.6%) and 65 years (74 out of 79 people in this age group, 93.67%).

In urban areas the number of people who use too much salt, even lower than those in the rural group, the propensity to recruit all the age groups 41-65 years (55 out of 91 people in this age group, 60.44%) and 65 years (57 out of 109 people in this age group, 52.3%).

Figure no. 3. Comparing behavior in the use of salt in the diet on average and age groups



Analysis of fruit and vegetable consumption shows that a high percentage of people (83% in rural areas and 82% in urban areas) consume these foods daily particularly important in vitamins, minerals and dietary fiber. The explanation may be that vegetables are a food in rural areas more accessible and urban we think of a better awareness of the role of vegetables and fruits in the diet.

Both rural and urban, the number of daily eating fruit and vegetables is higher than those who do not consume, regardless of age group. For urban areas, there was a significant increase in the number of people who consume vegetables and fruit as they move to a higher age group. Explanation could be given the growing interest in older age groups beneficial role of these foods but also in terms of accessibility in terms of cost.

CONCLUSIONS

- healthy lifestyle is the premise of a harmonious and it is formed early, but long-term effects.
- In groups divided by residential, urban and rural differences are found regarding food and lifestyle habits.
- urban subjects seem to be more interested in reducing consumption of saturated fat, cholesterol, salt excess increased consumption of vegetables and fruits.
- Subjects preferred rural consumption of foods rich in fat and cholesterol. Increased fruit and vegetable consumption in rural areas seems rather preserve affordable nutritional terms of cost and ease of obtaining an interest only brand benefits of these foods.

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