

# NUTRITION & HEALTH

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## Nutritional status and possible preventable factors affecting this status in fifth-graders in Bjelovar-Bilogora County

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Eating habits and attitudes are formed in early childhood, and acquired knowledge and skills are transferred to the next generation. The aim of this study was to examine nutritional status and dietary habits of elementary school fifth-graders in Bjelovar-Bilogora County and connect them with certain socioeconomic and demographic family factors (residence, parental education, and activity). The survey was conducted during the obligatory systematic examination. The students filled out an anonymous questionnaire specially designed for this purpose and then they had their body weight and height measured. The survey included 466 students, which made 40.5% of the population. The results showed, according to the World Health Organization (WHO) criteria, 15.0% of study subjects to be underweight, 56.0% had normal weight and 29.0% were overweight and obese children. Furthermore, 54.5% of the children had three meals per day, two of these cooked. About 4.7% of study subjects reported taking fast food daily and 11.6% drank soda. Daily consumption of meat was reported by 24.7%, fruit and vegetables by 55.8%, sweets by 21.9% and milk by 56.9% of the subjects. Organized activities outside the school were reported by 57.6% of students, whereas 11.8% of subjects spent four or more hours watching TV and 7.8% playing for three hours and more, 77.3% of these of sedentary types. The research identified a significant proportion of overweight and obese children in the county, who had poor eating habits and low physical activity, with an increased proportion of sedentary lifestyle.

### Biography

Zrinka Puharić is Graduated from the Faculty of Medicine on University of Zagreb, doctor, a specialist in school and university medicine. Graduated from the University of Osijek- specialist- nutritionist. She has master of science degree- the topic is health education in primary and secondary schools. Doctoral dissertation - the topic is adolescent dieting disorders. She worked in the Public Health Institute on Preventive Medicine. She is currently a Dean of the University of applied sciences, a senior lecturer in Public Health and Epidemiology Author / co-author of several textbooks and scientific and professional papers.

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