

С.Ж.АСФЕНДИЯРОВ АТЫНДАҒЫ
ҚАЗАҚ ҰЛТТЫҚ МЕДИЦИНА
УНИВЕРСИТЕТІ



КАЗАХСКИЙ НАЦИОНАЛЬНЫЙ
МЕДИЦИНСКИЙ УНИВЕРСИТЕТ
ИМЕНИ С.Д.АСФЕНДИЯРОВА

Food culture among medical interns

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Faculty: General Practice

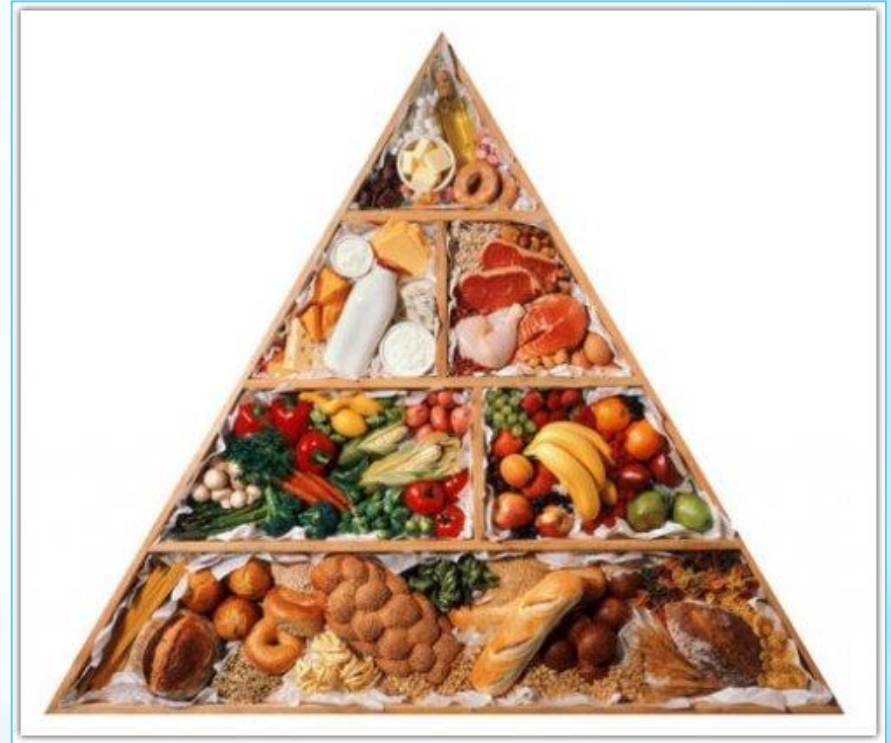
Алматы
2015 год

- * The relevance of the chosen topic is that, unfortunately, many students and medical interns don't observe the most elementary, science-based rules of a healthy lifestyle.
- * Today the food services industry turned into an industry that is based on industrial technologies. And, due to the high level of contemporary life and social activity, many people become users of this industry. This is at odds with the concept of a healthy rational nutrition.
- * The main damage to of irrational nutrition is that such foods results in a number of diseases. Gastritis, gastric ulcer, problems with the gastrointestinal tract, cellulite, hypertension, obesity, increased risk of developing type 2 sugar diabetes in adults, increasing the risk of blood pressure, which increases the risk of atherosclerosis, coronary heart disease and related complications in the form of a heart attack and stroke.

* Background

Target

To find out how widespread the problem and give the most effective recommendations on rational nutrition and prevention of diseases.



1.

- Conduct a survey of medical-interns
- To analyze the prevalence of eating disorders among medical-interns and present results of the research

2.

- Pick out the main principles and aspects of a healthy diet.

3.

- To develop recommendations and prevention methods.

Objectives

The sociological method:
questionnaires (in the form
of mailing by the program)



Statistical method:
processing of received
questionnaire results



In analysis took part 181
KazNMU medical-interns



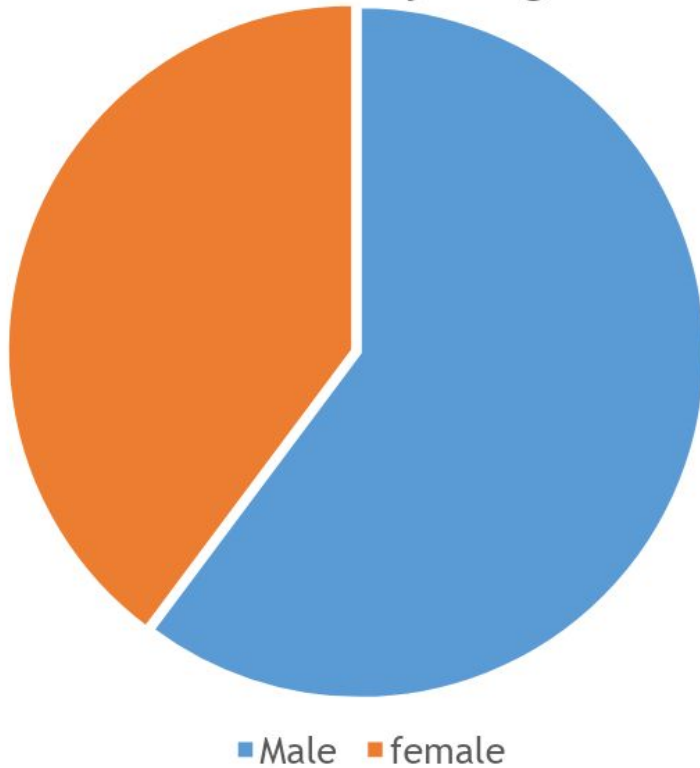
The age group 20-25 years



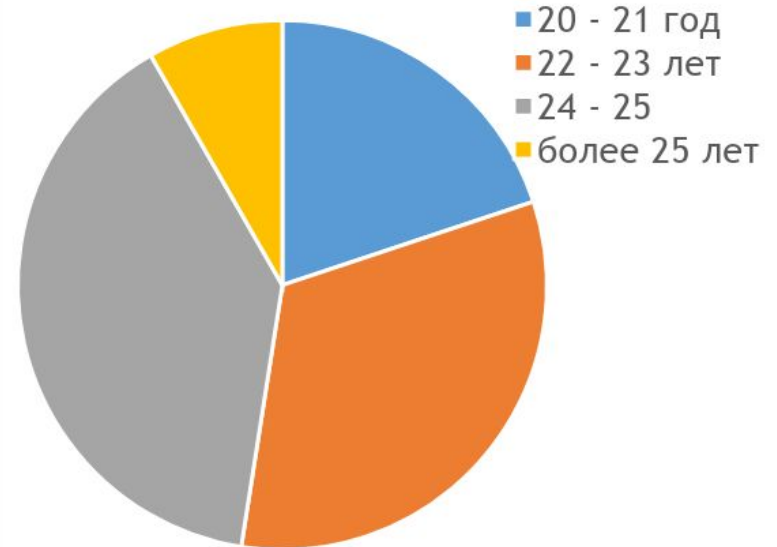
The questionnaire consists
of 25 questions

*Search methods

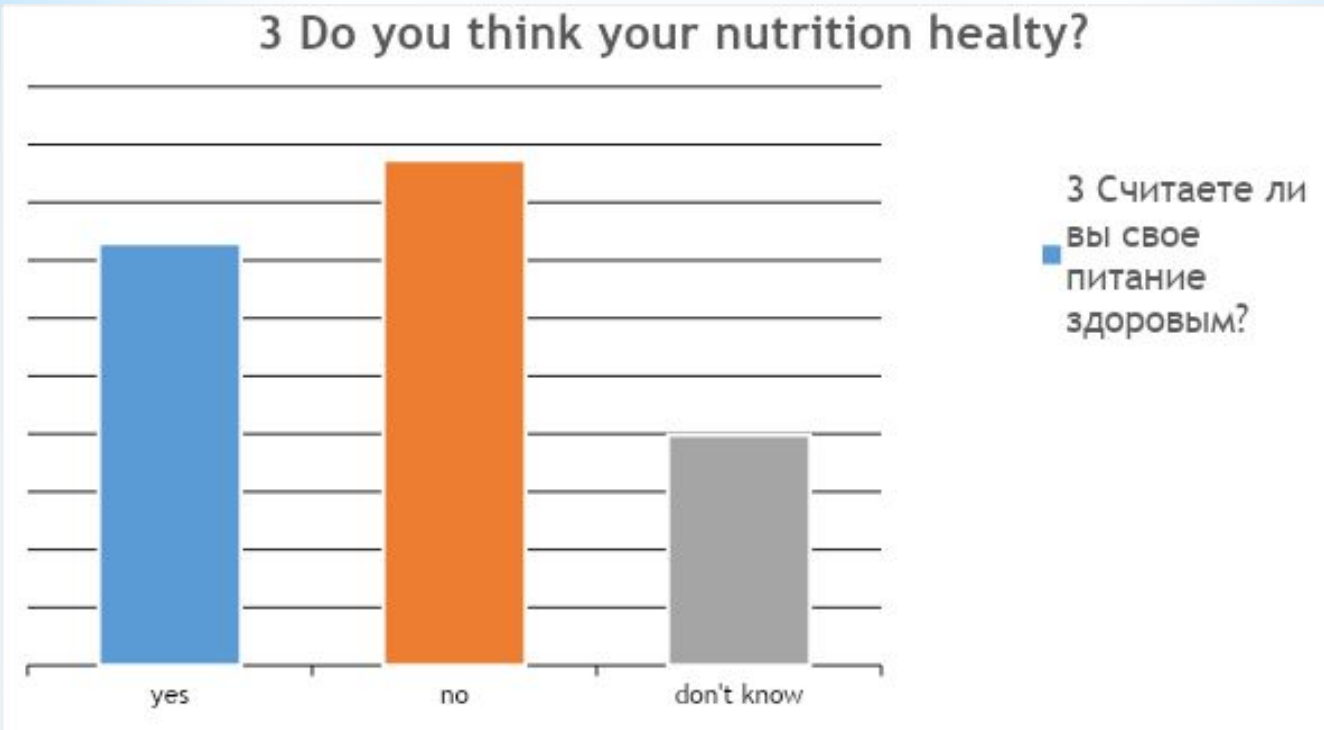
1 Select your gender:



2 Mark your age:

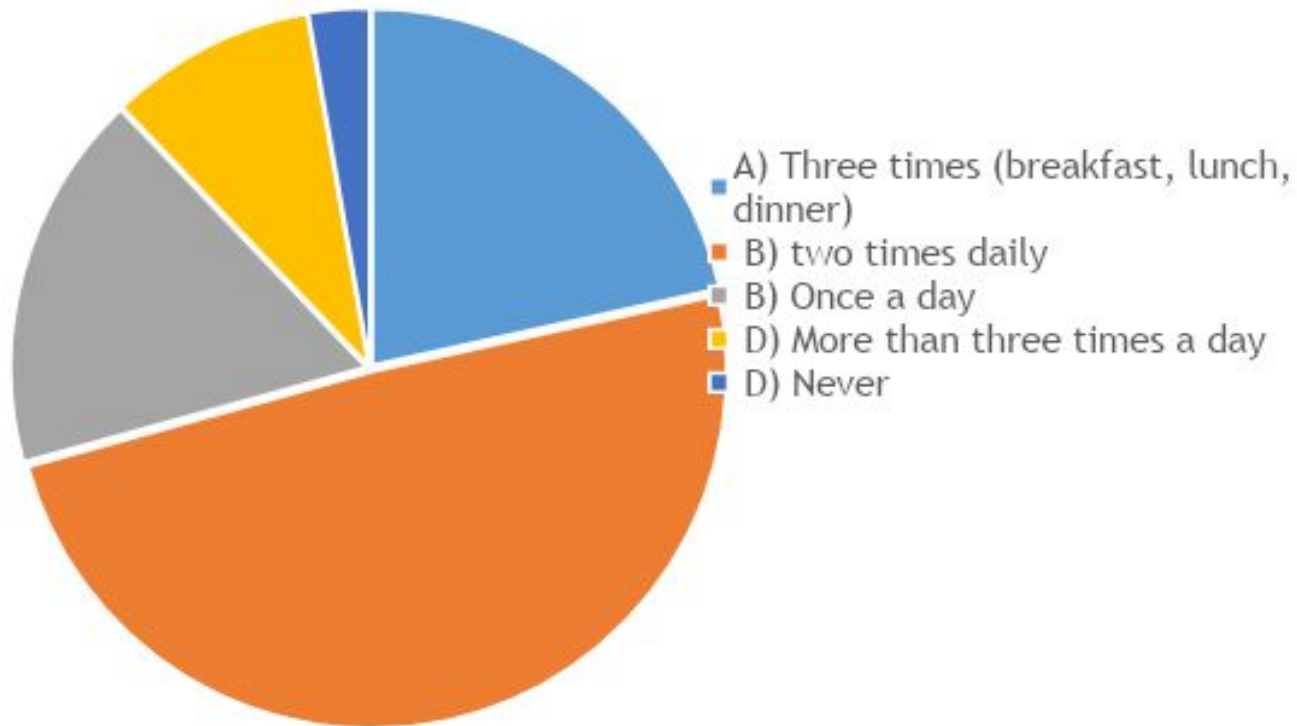


* Taken part in research 181 people, including 109 male and 72 female. Age group: 36 people 20-21 years old, 59 people from 22 to 23 years, 71 respondents 24-25 years, and 15 people for more than 25 years.



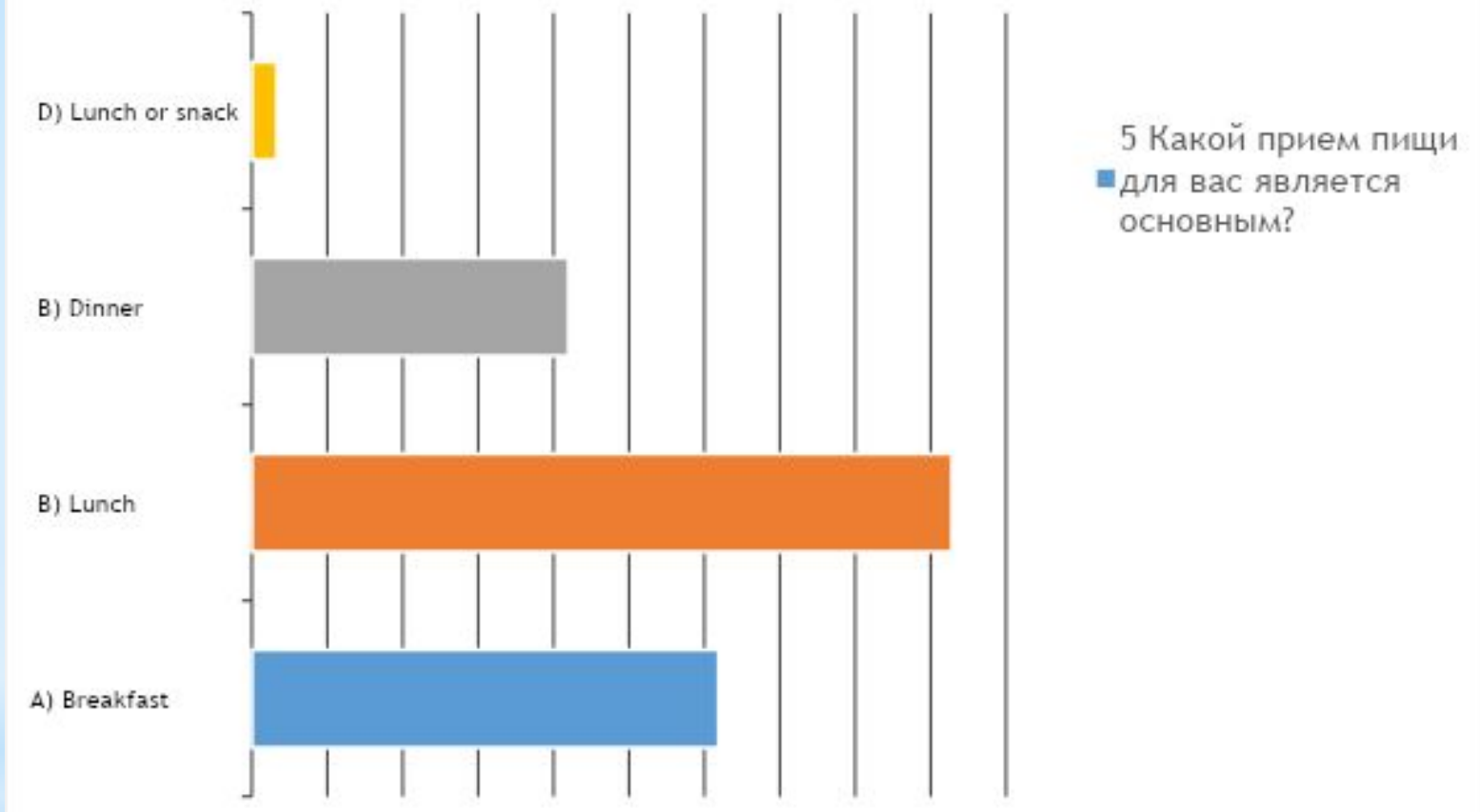
- * So we found from a total of 181 people Do you think your nutrition healthy? 79 (43.6%) of respondents believe that they are not healthy (not a balanced diet)! 36.46% answered "yes", 19.9% of respondents did not know whether their food is healthy.

4 How many times a day you take a full meal? (not including snacks)



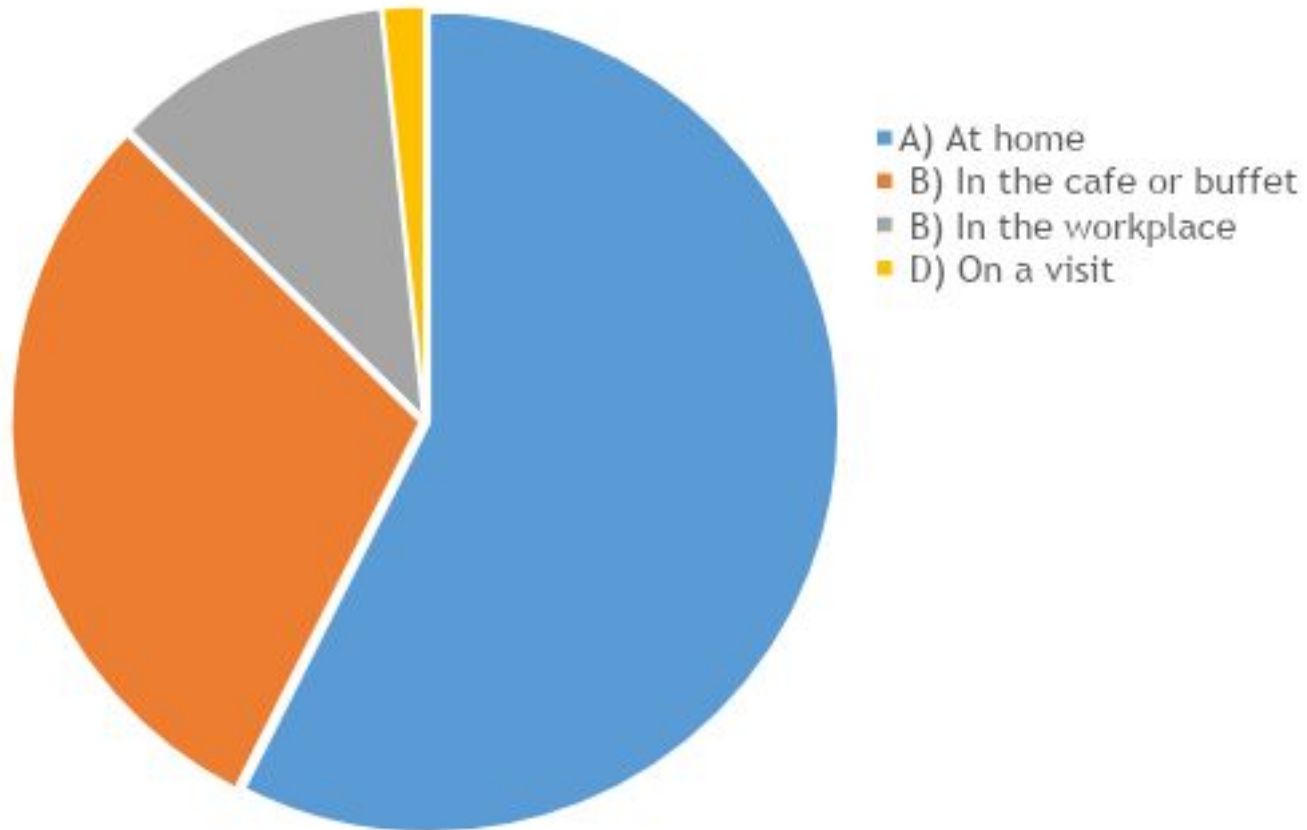
- * Of the 181 respondents 49.2% (89) twice a day, take a full meal; 21.55% take full meal three times; 17.1% once a day; 9.4% of respondents more than 3 times; and 2.8% of respondents dispense snacks only

What a meal for you is the main?



- * At 46.4% (84) of the surveyed medical interns "lunch" is the main meal; To 30.94% (56) "Breakfast" is the main meal; 21% - "dinner"; 1.7% - "a lunch "

6 Where do you eat most commonly?

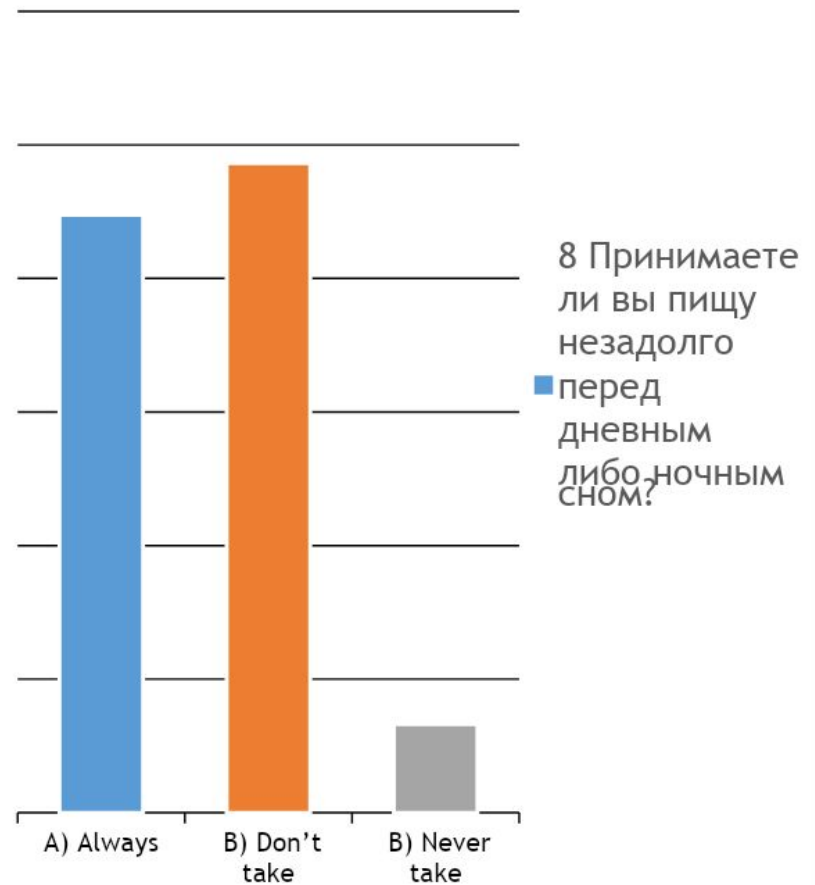


- * Among 181 respondents 104 (57.46%) most commonly eat at home!

7 Do you follow the balance of nutrition (in calories, derived protein, fat, carbohydrates)?



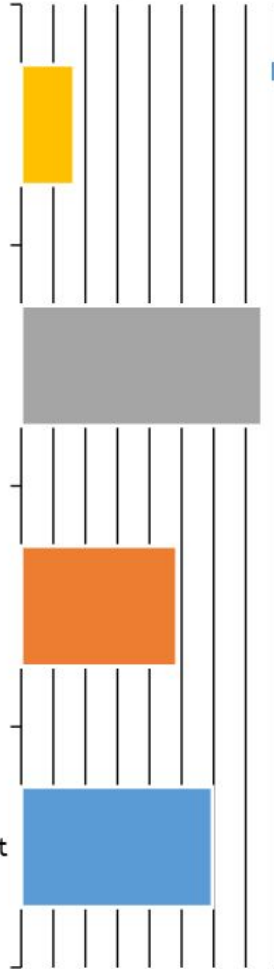
8 Do you take food shortly before daylight or night's sleep?



9 Do you often eat much (overeat)?

9 Часто ли вы сильно наедаетесь (переедаете)?

ks, such as a breakfast



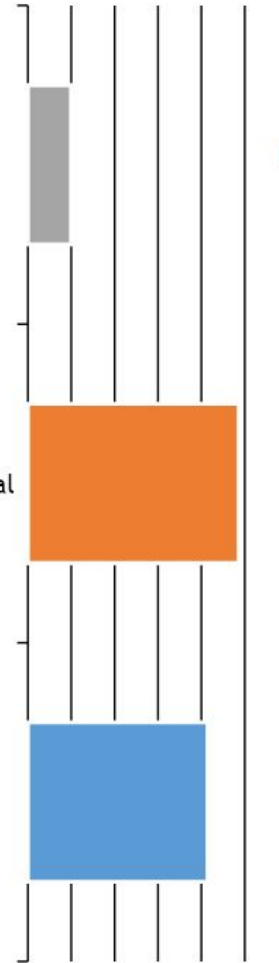
10 How do you feel about vitamins?

10 Как вы относитесь к витаминам?

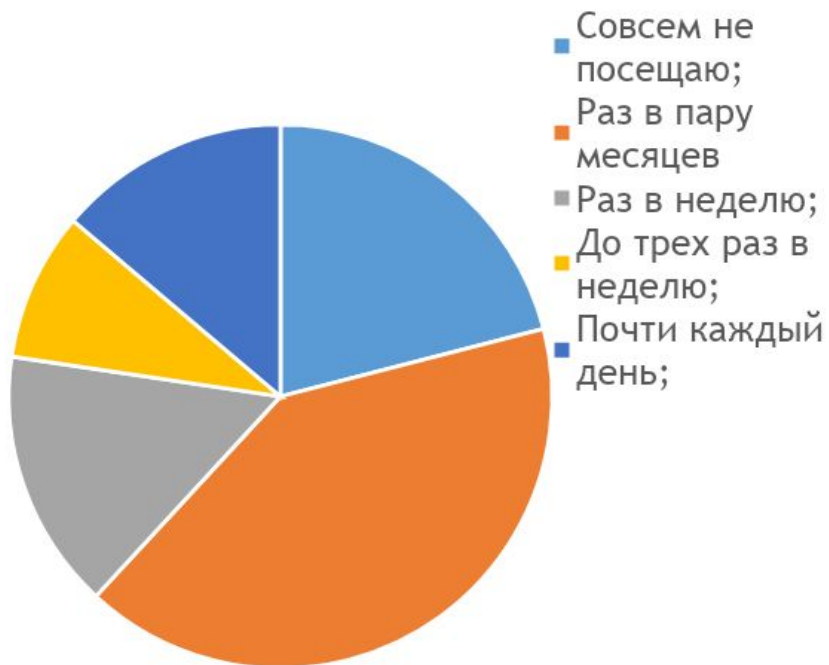
no need

of those who get a meal

in addition to food



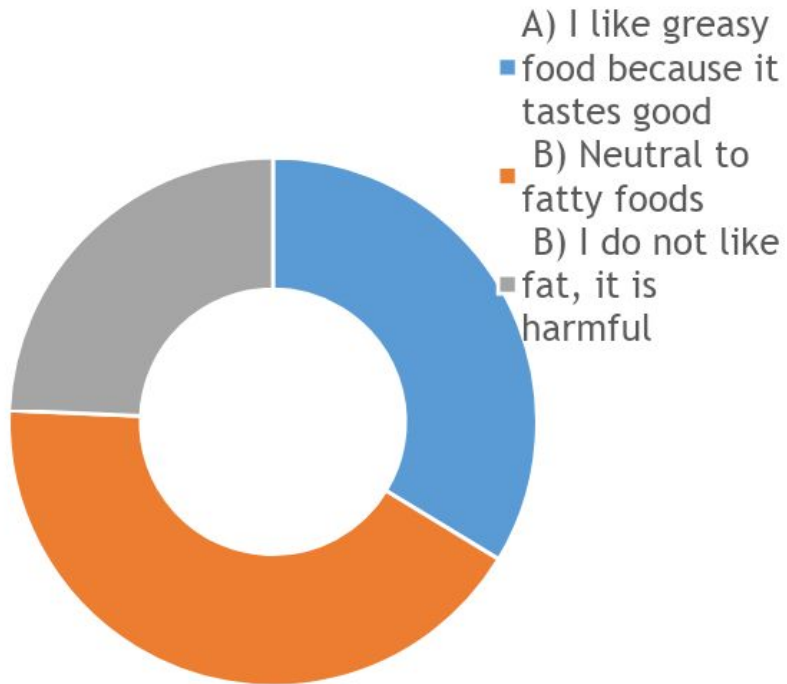
11 Посещаете ли вы фаст-фуд?



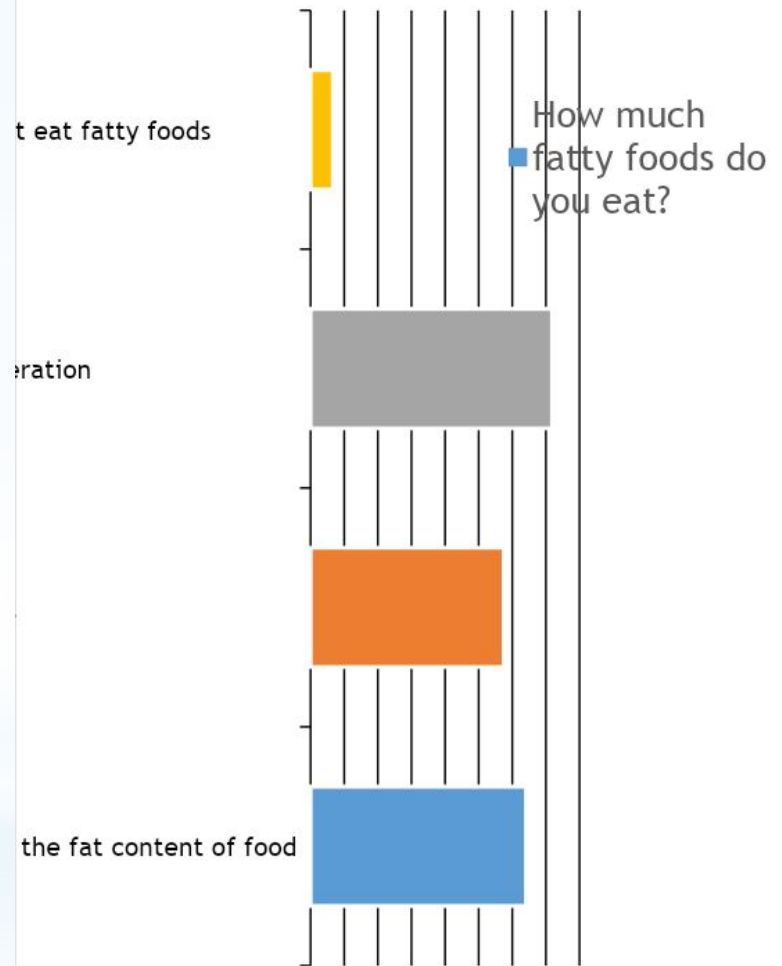
12 Считаете ли вы питание в фаст-фуде вредным для здоровья?



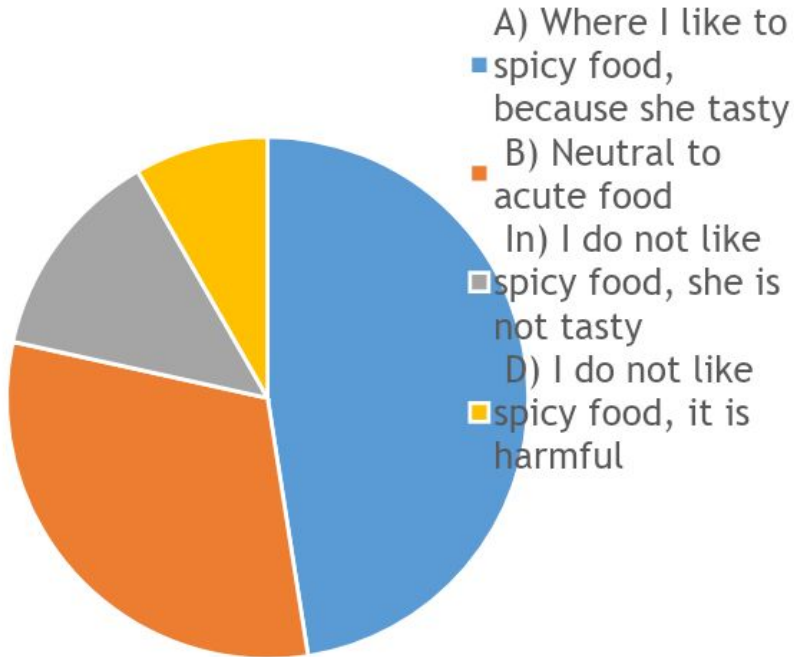
13 Your attitude to fatty foods (to oil, fats, mayonnaise, sour cream etc.products)



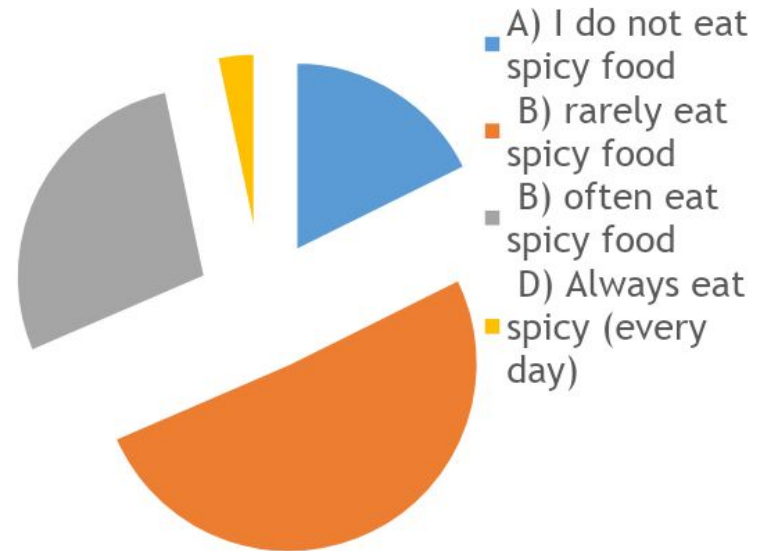
14 How much fatty foods do you eat?



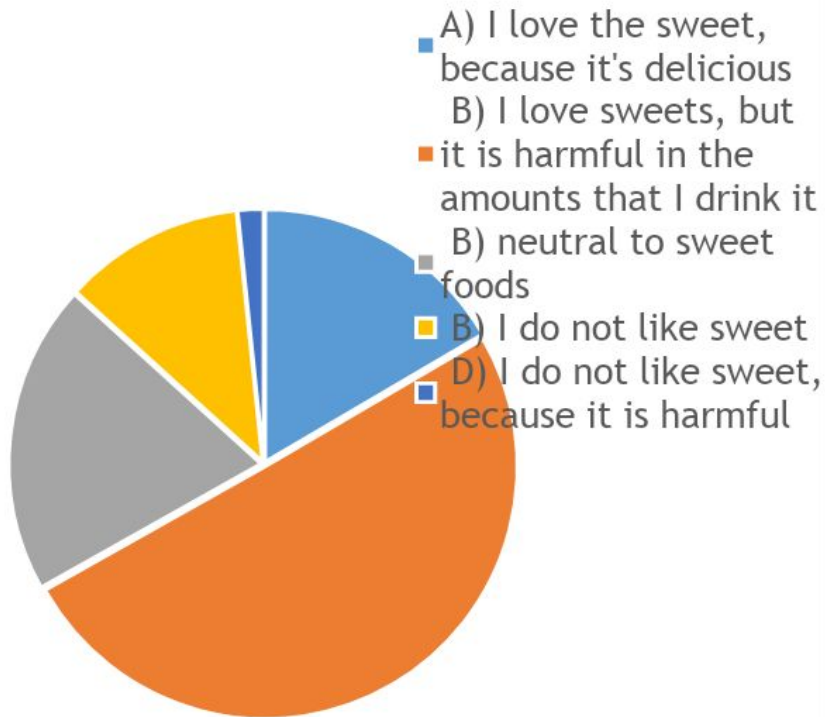
15. What are your views to spicy food (spices, etc.):



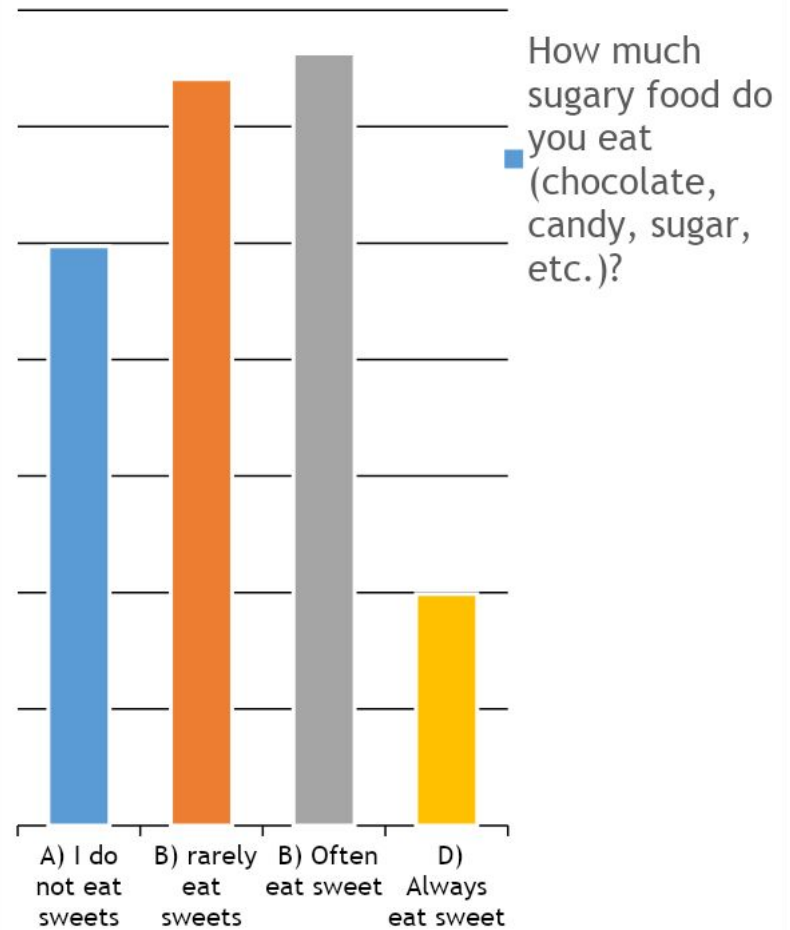
16. How much spicy food do you eat (spices, etc.)?



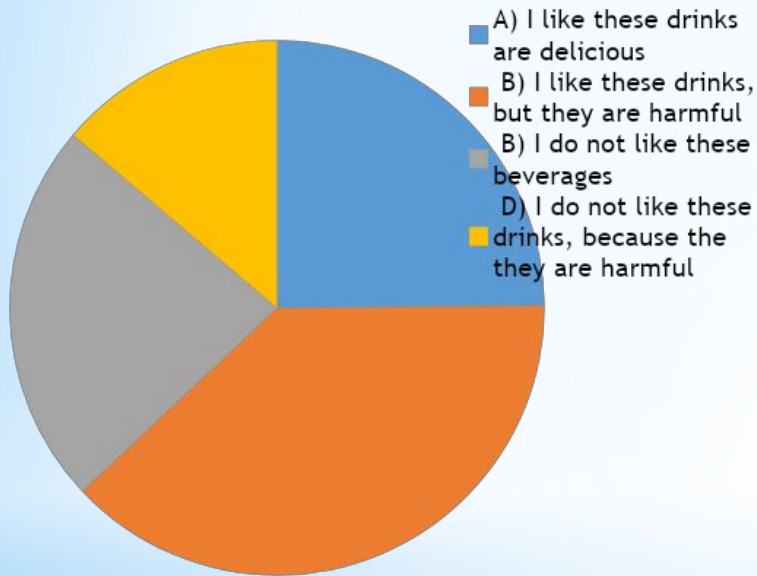
17 Your attitude to sweet foods (chocolate, candy, sugar, etc.):



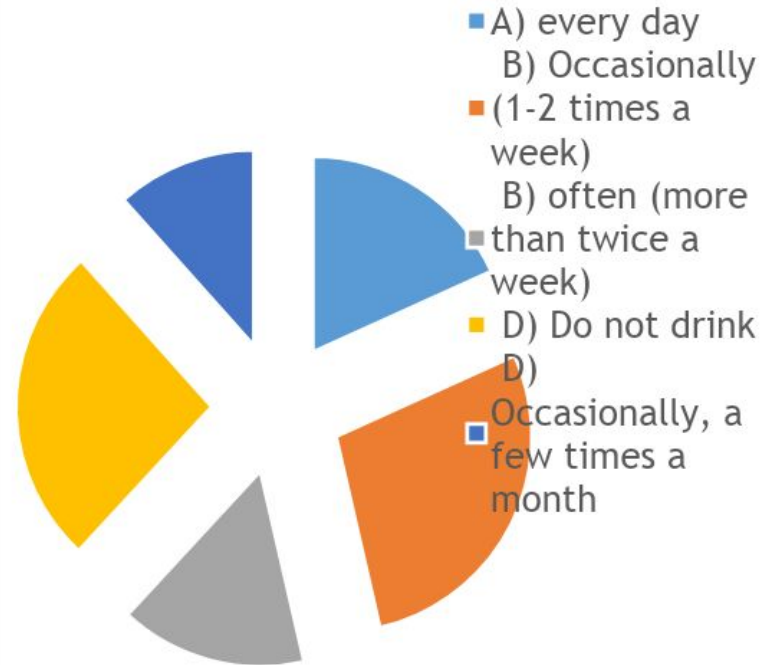
18 How much sugary food do you eat (chocolate, candy, sugar, etc.)?



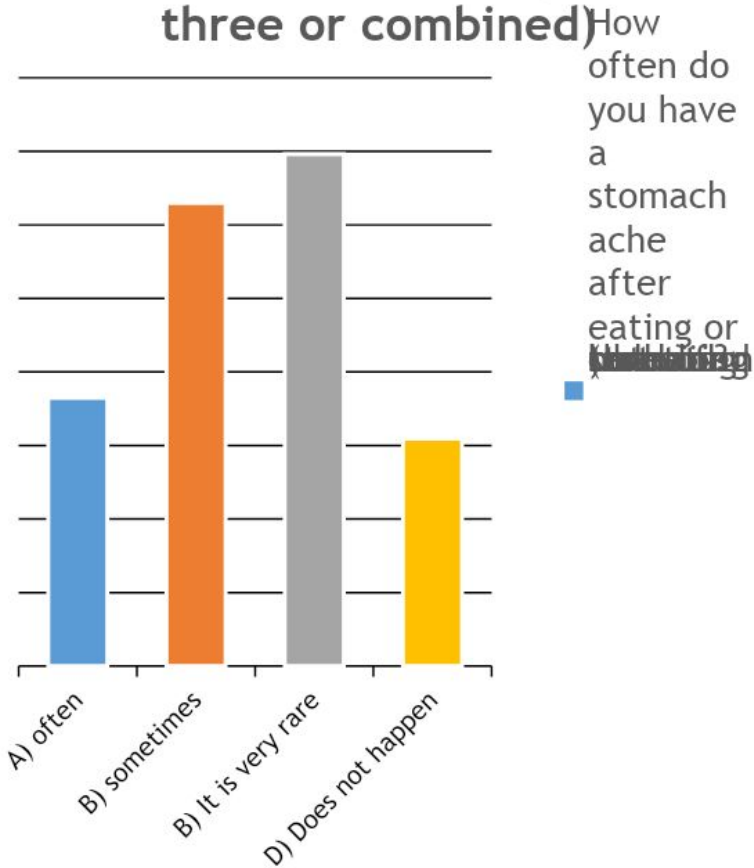
19 Your attitude to drinks such as Coca-Cola, Pepsi, Sprite, Fanta?



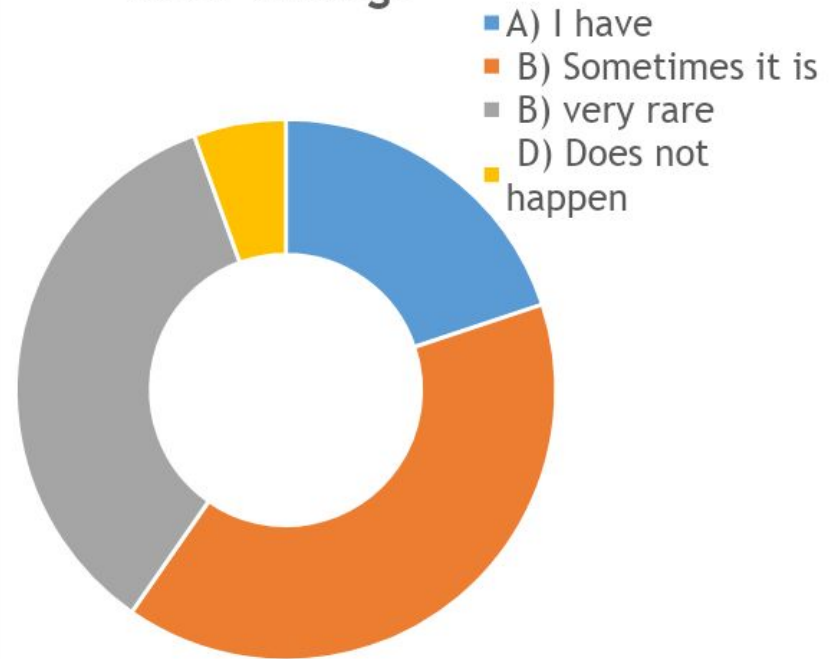
20 How often do you consume drinks like Coca-Cola, Pepsi, Sprite, Fanta?



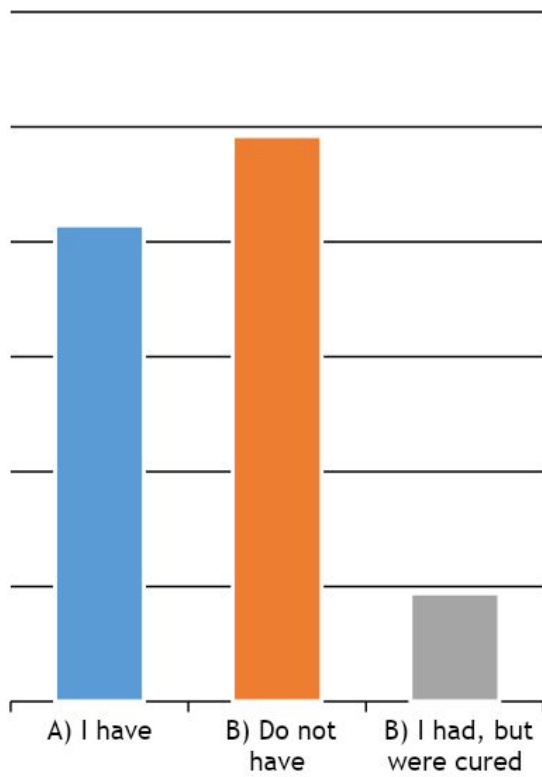
21 How often do you have a stomach ache after eating or torturing heartburn, bloating or stomach bothers? (one of three or combined)



22 Do you have problems with flatulence (gas accumulation in the intestine) or cramps after eating?

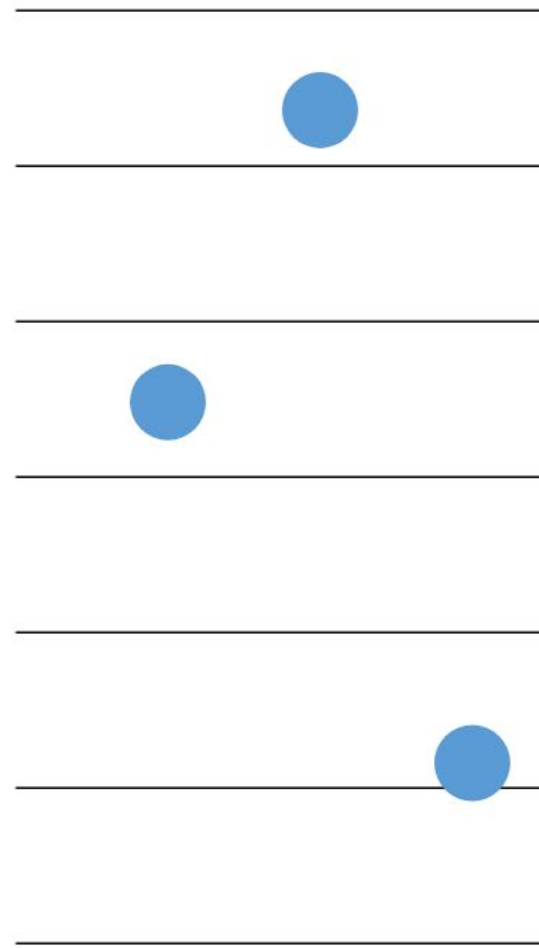


23 Do you have a chronic or acquired diseases of the stomach or intestines (gastritis, enteritis, colitis, ulcers, etc.)



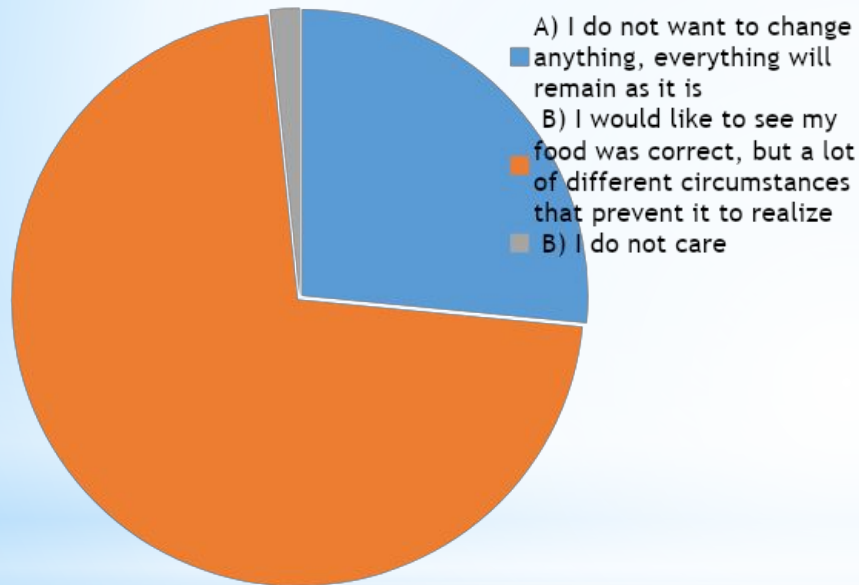
Do you have a chronic or acquired diseases of the stomach or intestines (gastritis, enteritis, colitis, ulcers, etc.)

24 Are you satisfied with your relationship to nutrition?

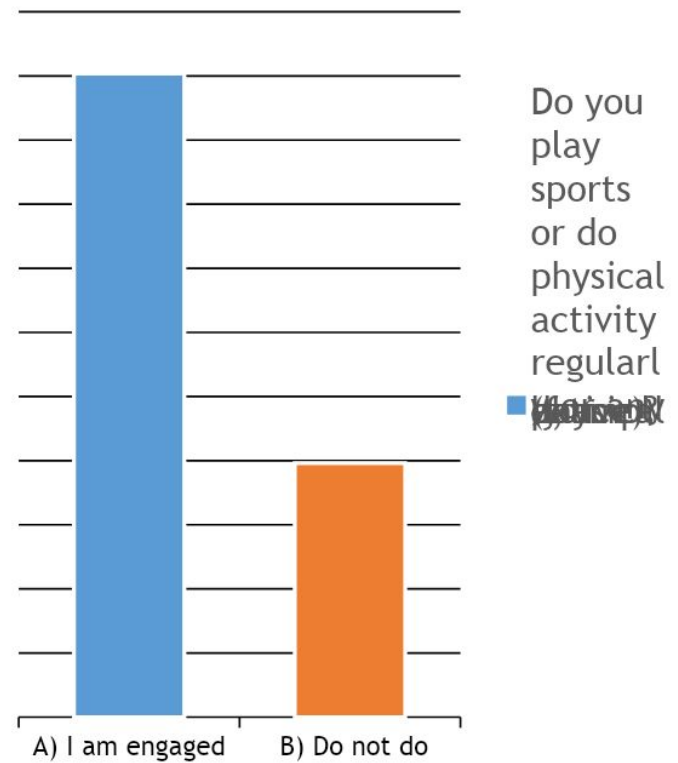


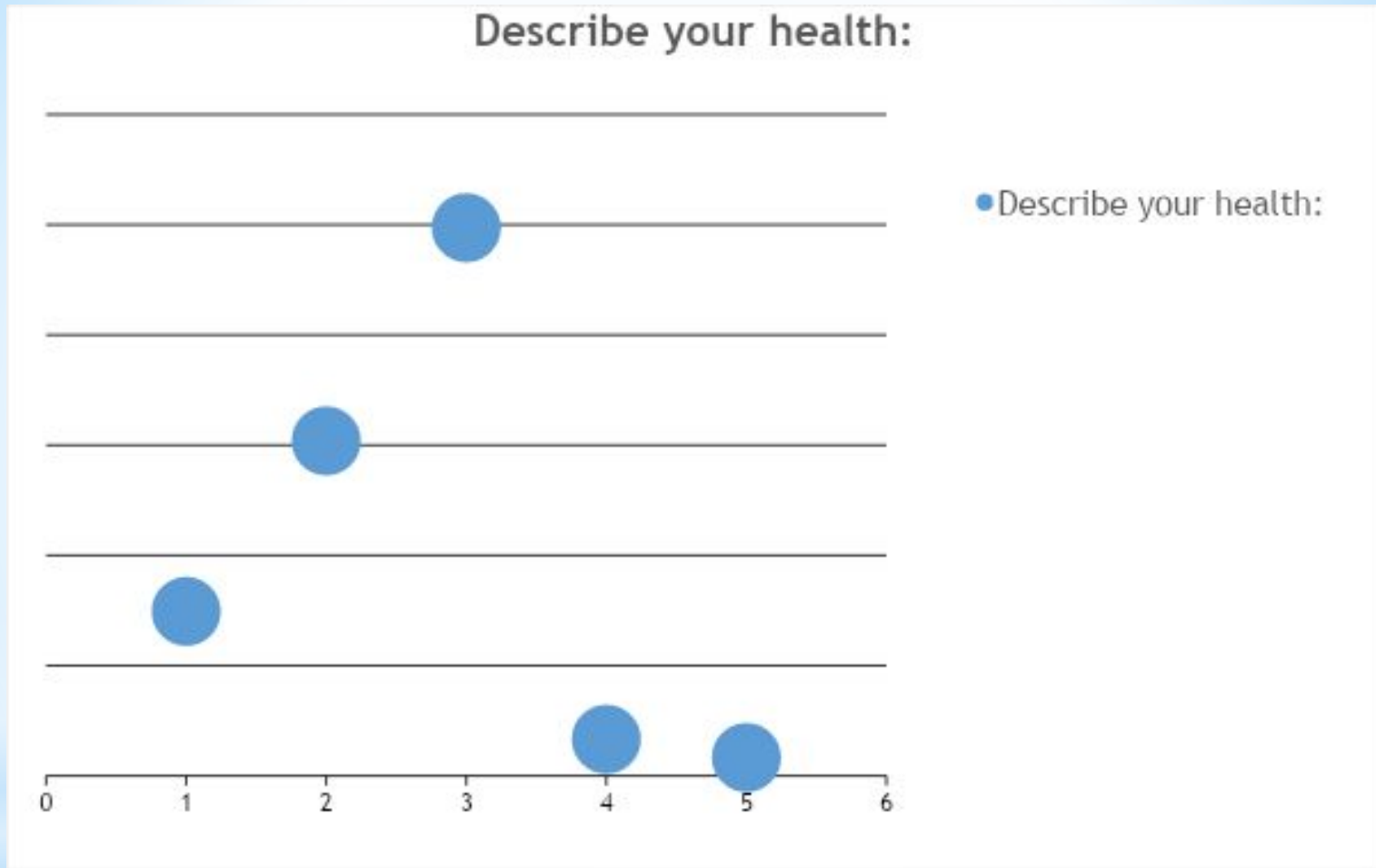
Are you satisfied with your nutrition?

25 Would you like to change the schedule, or in any way contribute to ensure that your food was the best?



26 Do you play sports or do physical activity regularly or any physically active (for example, dance)?





- * Among 181 respondents, 49.7% said that they have a satisfactory character of the nutrition!

- * In the normal course of life, we forget to eat without getting the necessary vitamins and minerals from food and therefore we tend to get our sorrows from our poor lifestyle choices. A balanced diet is important for everyone, especially for a young body.
- * The results of this study the doctors showed that 79 (43.6%) of respondents believe that they are not healthy (not a balanced diet)! 49.2% (89) twice daily take full meal! Most doctors try to eat at home most commonly 57.46% (104). The largest amount of food a person eats per day during lunch 46.4% (89) Most of the medical interns try to stick to proper diet, of 181 medical interns surveyed 148 (81.77%) think fast food harmful, because they understand it the negative impact on health. Большинство интернов любят острую 47,51% и сладкую пищу 50,3%, но понимают ее вредность и соответственно стараются ограничить их количество.
- * Most interns interviewed, few complain of heartburn, bloating, 34.8% (63), flatulence 38.8% (72), etc.
- * After the survey, analyzing the data, we realized that many of the students are well informed on the issues of healthy eating, this can be judged on certain questions in the questionnaire: 28.7% of interns try not to eat fatty foods and try to 35.9% eat in moderation.
- * From all this it can be concluded that students, despite his fragile regime of the day, frequent stress, irregular meals, try to maintain a healthy diet and limit the consumption of harmful products.

* Conclusions

- * Eat a variety of foods from all the food groups every day.
- * Remember! No food is absolutely "good" or completely "bad."
- * Balance the use of food and products from various groups.
- * Maintain a healthy body weight, adjusting the amount of food intake and increasing physical activity.
- * Eat small portions.
- * Eat regularly without major interruptions.
- * Do not give up just for you from unwanted foods, reduce its amount. Change your diet gradually.
- * Eat more foods rich in fiber (fruits, vegetables, bread and other cereal products and cereals).
- * Limit fat intake. Choose foods low in fat.
- * Try to prepare foods without fat or with the least possible adding it.
- * Limit intake of pure sugar.
- * Limit consumption of salt.
- * Avoid drinking alcohol.
- * The recommendations do not contain categorical appeals to stop the consumption of some foods, nutrients, or, on the contrary, offer only one kind of food. The essence of recommendations - a balanced food restriction of one type or another to increase the consumption depending on the role of individual components in the prevention or, conversely, to increase the risk of chronic diseases. Of course, these recommendations help to ensure the need for nutrients and energy, i.e, meet the requirements of a balanced diet.

*** Some advice on nutrition!**

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