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STUDY OF NUTRITIONAL FEATURES OF SAMMI STUDENTS

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Abstract - In this article we provided the results of a study on nutrition specifics of students of Samarkand State Medical Institute (Samarkand, Uzbekistan) The nutritional problem is especially relevant for all segments of the world's population, according to WHO data, more than 13% of the population over 18 years old suffers from improper nutrition in the world, and 39% of the population over 18 years old are overweight.[1]("Obesity and overweight," n.d.) It is important to know that the quality of food also affects the development of the brain and the memorization of new information, which is very important not only for students, but also for people of all ages.[2](MD, 2015). Rational nutrition of students should be considered as one of the main components of a healthy lifestyle, as one of the factors for extending the active period of life. In the body of young people, the formation of a number of physiological systems, primarily neurogumoral, has not yet been completed, so they are very sensitive to disrupting the balance of food diets. Due to the violation of the diet during study, many students develop diseases of the digestive system. For the normal life of the body, a balanced supply of its main components with food, namely, proteins, fats, carbohydrates, vitamins, trace elements, is necessary. It is very important that the calorie content of the diet corresponds to the energy costs of the body depending on individual features - such as height, weight, age and the degree of physical and emotional load. The peculiarities of education at the university are associated with intensive mental activity, the processing of large amounts of information, which requires memory stress, stability and concentration of attention. Great importance should be given to meeting the physiological needs of students for nutrients that are deficient, as well as vitamins. Food is the most important element without which the existence of a living organism is impossible. Students have a number of features due to the combination of minimum energy costs, hypokinesia and nervous-emotional tension in the labor process.

Keywords— **Students; Healthy lifestyle; Food consumption; Balanced diet**

I. INTRODUCTION

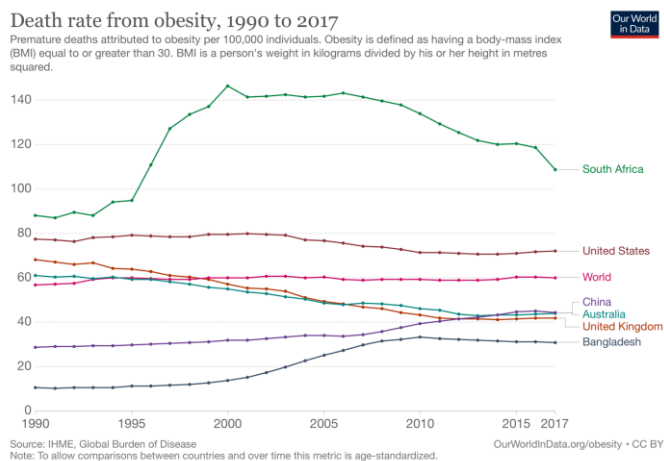
THE ISSUE OF STUDENT NUTRITION IS ONE OF THE PRIORITIES IN STUDENT YEARS. THE STUDENT, GETS INTO A NEW SOCIAL ENVIRONMENT, ADAPTS TO IT, EXPERIENCES A LOT OF NEW IMPRESSIONS. ALL THIS AGAINST THE BACKGROUND OF A LARGE BRAIN LOAD, LACK OF TIME, A HIGH PACE OF MODERN LIFE. AND OFTEN THE STUDENT ASSIGNS A SECONDARY ROLE TO NUTRITION, SHOWING INATTENTION TO THE DIET, THE COMPOSITION OF WRITING, THE USEFULNESS OF FOODS AND THE DIET[3](HUANG ET AL., 1994). AT THE SAME TIME, THERE IS AN INCREASE IN POPULARITY OF INSTANT FOOD PRODUCTS CONTAINING A LARGE AMOUNT OF VARIOUS DYES, FLAVORS, MODIFIED COMPONENTS. THIS CAN BE ACCOMPANIED BY INCOMPETENCE OF STUDENTS IN MATTERS OF FOOD CULTURE, LACK OR LACK OF SKILLS IN ORGANIZING THEIR FOOD, INABILITY TO ECONOMICALLY DISTRIBUTE AND SPEND MONEY. EATING PROPERLY, A PERSON TAKES CARE OF HIS ORGANS, AND MOST IMPORTANTLY, IT IMPROVES THE BRAIN WITH A PROPER BALANCED DIET. PROPER NUTRITION IS THE KEY TO EXCELLENT, COHERENT WORK OF THE BODY, RESPECTIVELY GOOD IMMUNITY, HIGH MENTAL AND PHYSICAL PERFORMANCE, HEALTHY RELATIONS WITH OTHERS, RELATIVES. HEALTHY AND BALANCED, AND MOST IMPORTANTLY, TASTY FOOD CONTRIBUTES TO THE INFLUX OF ENERGY THROUGHOUT THE DAY, STRONG SLEEP, GOOD HEALTH.

II. THE PURPOSE OF THE WORK

To study the nutritional features of medical students, to identify shortcomings in the nutrition of students and to motivate them to take balance diet.



Figure 1.

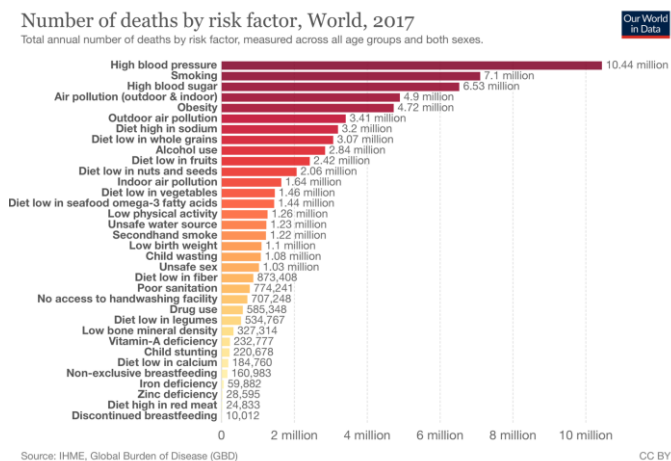


<https://ourworldindata.org/obesity>

III. RESEARCH MATERIALS AND METHODS

The study was conducted by a sociological survey using a questionnaire. Materials for the study were collected within 1 month, surveys were conducted among 56 students of 3 courses of medical and pediatric faculties of SamMI aged 20 to 25 years. The material was processed using statistical analysis methods.

Figure 2.



<https://ourworldindata.org/obesity>

IV. RESULTS

When asked: "Do you consider your weight normal?" 71% of respondents answered positively, 29% of respondents answered negatively, when assessing the body mass index, 8% of respondents had excess body weight, 5% showed insufficient body weight. 52% of respondents eat 3-4 times a day, 26% - 5-6 times a day, 22% eat less than 3 times a day.

Every day, 65% of respondents eat vegetables and fruits, 29% - 1-3 times a week, 6% - 1-2 times a month. 9% of respondents consume fast food daily, 21% - 1-2 times a week, 29% - 1-2 times a month, 41% do not consume at all. 86% of students believe that the composition and diet affect human health, 8% - slightly, 6% - does not affect. 88% of those studied believe that the promotion of healthy eating principles can influence the change in diet, 12% - an example of fellow students, friends, neighbors. In the daily diet, a large share falls on refined products that are considered non-useful for humans (white bread, sugar-containing products, pasta, smoked, canned food). Analysis of the obtained data shows that 48.3% of students choose white bread (instead of black and bran), 30.4% of students consume sweets daily, 15.7% of students enter the daily diet, and 38.6% of students abuse coffee. With snacks, sweets prefer - 43.7%, fruits - 33.1%, limited to a cup of coffee, juices or tea - 23.3%

Table 1. Frequency of taking certain products.

Frequency of fast food consumption	Daily	1-2 times a Week	1-2 times a Month
Students	9%	21%	29%
Frequency of consumption Fruits and vegetables	Daily	1-3 times a Week	1-2 times a Month
Students	65%	29%	6%

V. CONCLUSION AND RECOMMENDATION .

Thus, the nutritional features of most students do not correspond to the hygienic principles of optimal nutrition, the diet of most students is not balanced, which can lead to a deterioration in the work of most organs, especially to a decrease in brain activity during training, accordingly, in the subsequent long period, this will lead to underperformance. Based on this, it is necessary to conduct training courses on the basics of a proper, healthy diet, as well as explain to students how unbalanced nutrition can affect the work of the body as a whole. We recommend that students study their own diet, balance it and exclude foods that do not contain beneficial trace elements and vitamins from the diet. In student times, balanced nutrition with the content of useful macros, micro elements and vitamins plays a significant role in assimilating and memorizing new information.

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