

СПИСОК ИСТОЧНИКОВ

1. Латинско-русский словарь медицинской терминологии / [сост. А. П. Алексеев]. – М.: Центрполиграф, 2004. – 506 с.
2. Акушерство и гинекология: практические навыки и умения с фантомным курсом. Учебное пособие для использования в учебном процессе образовательных организаций, реализующих программы высшего образования по специальности 31.05.11 «Лечебное дело» / В. А. Капительный, М. В. Беришвили, А. В. Мурашко. – М.: ГЭОТАР-Медиа, 2022. – 384 с.
3. Латинско-русский словарь / [сост. И. Х. Дворецкий]. – М.: Дрофа, 2009. – 1096 с.
4. Online Etymology Dictionary [электронный ресурс] // URL: <https://www.etymonline.com> (дата обращения: 07.03.2022).
5. Леенсон И. А. Язык химии. Этимология химических названий. – М.: CORPUS, 2016. – 464 с.

Сведения об авторах

М.И. Токарева – студент

А.В. Тихомирова – кандидат филологических наук, доцент

Information about the authors

M.I. Tokareva – student

A.V. Tikhomirova – Candidate of Philological sciences, Associate Professor

УДК 61:613.2

РОЛЬ ПИТАНИЯ В ФОРМИРОВАНИИ АЛИМЕНТАРНО-ЗАВИСИМОЙ ПАТОЛОГИИ У ПОДРОСТКОВ

Треногина Евгения Владимировна¹, Сайпеев Денис Алексеевич², Иост Анна Дмитриевна³, Колотнина Елена Владимировна⁴

¹⁻⁴ФГБОУ ВО «Уральский государственный медицинский университет» Минздрава России, Екатеринбург, Россия

¹kotabusya@gmail.com

Аннотация

Введение. Сбалансированное питание является залогом здоровья, хорошей работоспособности, высокого качества жизни. Неправильное, несбалансированное питание в свою очередь является причиной алиментарно-зависимой патологии. **Цель исследования** – оценить фактическое питание, пищевой статус подростков с целью выявления факторов риска алиментарно-зависимой патологии. **Материалы и методы.** Проведено анкетирование 35 учащихся 11 классов Гимназии № 116 г. Екатеринбурга. Проведен статистический анализ результатов анкетирования. **Результаты.** В статье представлен анализ результатов анкетирования, позволяющий сделать выводы о факторах риска развития алиментарно-зависимой патологии у учащихся.

Обсуждение. Основной дисбаланс питания школьников: чрезмерное потребление сладостей, кондитерских изделий при недостаточном потреблении

фруктов, овощей, круп и молочных продуктов. **Выводы.** Несбалансированное питание играет ключевую роль в развитии алиментарно-зависимой патологии.

Ключевые слова: сбалансированное питание, факторы риска, алиментарно-зависимая патология.

NUTRITION IN FORMATION OF ALIMENTARY-DEPENDENT PATHOLOGY IN ADOLESCENTS

Evgenia V. Trenogina¹, Denis A. Saipiev², Anna D. Iost³, Elena V. Kolotnina⁴

¹⁻⁴Ural State Medical University, Yekaterinburg, Russia

¹E-mail: kotabusya@gmail.com

Abstract

Introduction. A balanced diet is the key to health, good performance, and a high quality of life. Improper, unbalanced nutrition, in turn, is the cause of alimentary-dependent pathology. **The aim of the study** - was to assess the actual nutrition, nutritional status of adolescents in order to identify risk factors for alimentary-dependent pathology. **Materials and methods.** A survey of 35 students of 11th grade of Gymnasium No. 116 in Yekaterinburg was conducted. A statistical analysis of the survey results was carried out. **Results.** The article presents an analysis of the results of the survey, allowing to draw conclusions about the risk factors for the development of alimentary-dependent pathology in students.

Discussion. The main imbalance in the nutrition of schoolchildren: excessive consumption of sweets, confectionery products with insufficient consumption of fruits, vegetables, cereals and dairy products. **Conclusions.** Unbalanced nutrition plays a key role in the development of alimentary-dependent pathology.

Keywords: balanced nutrition, risk factors, alimentary-dependent pathology.

INTRODUCTION

Balanced diet is the key to health, good performance and a high quality of life.

In its turn improper, unbalanced nutrition can result in alimentary-dependent pathology.

Most NCDs are related to nutritional imbalances: excessive consumption of high-calorie foods, saturated fats, trans fats, sugar, confectionery, and insufficient consumption of vegetables, fruits and whole grains. [1]

Among the diseases in the development of which nutrition plays a role, 61% are cardiovascular diseases, 32% are neoplasms, 5% are type II diabetes mellitus, 2% are nutritional deficiencies (iodine deficiency, iron deficiency). Nutrition is essential in the occurrence and development of diseases of the gastrointestinal tract, hepatobiliary system, endocrine pathology, including obesity. [2] Obesity is a serious global problem. From 1975 to 2016, the number of obese people worldwide more than tripled.

Of particular concern is the rise in childhood obesity. In 2016, WHO estimated that about 41 million children under the age of 5 were overweight or obese. In 1975, 4% of children and adolescents aged 5-19 suffered from obesity, and in 2016 - 18%. In 2016, 340 million children and adolescents aged 5 to 19 were overweight or obese. Obesity is a risk factor for the development of a number of diseases: type II diabetes

mellitus, arterial hypertension, coronary heart disease, non-alcoholic fatty liver disease, gastroesophageal reflux disease, cancer, and the musculoskeletal system.[3].

Stereotypes of eating behavior are laid down in childhood. The leading role in this is played by the family, the environment. The school also plays an important role in the formation of proper eating habits. Therefore, it is very important to include in the educational program issues related to the formation of a healthy lifestyle, proper nutrition and disease prevention.

The aim of the study - to assess the actual nutrition, nutritional status of adolescents in order to identify risk factors for alimentary-dependent pathology.

MATERIALS AND METHODS

To assess the risk factors for the development of alimentary-dependent pathology a questionnaire was developed. It contained questions to assess the nutritional status: body weight, height. The body mass index (BMI) was calculated on the basis of these questions. The analysis of the state of actual nutrition included questions about what kind of food adolescents eat in everyday life, as well as the frequency of consumption, dietary patterns - the frequency of meals, the number of meals, the intervals between meals. Questionnaires of 35 11th graders of Gymnasium No. 116 in Yekaterinburg were analyzed.

RESULTS

Based on the analysis of data on height and weight, BMI was calculated. Of the 35 participants in the survey, 77% have a normal weight, 23% are underweight.

The number of meals per day: 1-2 - 21%, 3-4 - 70%, more than 4 times - 9%. At the same time, only half of schoolchildren (56%) eat breakfast on a regular basis. Breaks between meals are: 1-2 hours - 9%, 3-4 hours - 63%, more - 22%, intermittently - 6%. According to the results of the survey, 36% feel hungry during the day, sometimes 45%, and 19% do not feel hungry during the day. Shortly before bedtime, 21% eat, 3-4 hours before bedtime - 79% The main meal for the respondents was breakfast - 11%, lunch - 55%, dinner - 34% .

When assessing nutrition at school, 23% of students have meals organized in the school cafeteria, 41% bring their own food from home, 26% of students buy sweet baked goods from the buffet, and 10% do not eat at all. When assessing the nutrition of adolescents at home, it was found that 86% prefer to eat home-cooked food, 11% semi-finished products and 3% sandwiches. Of the methods of culinary processing of food, boiling or steaming prevails in 65% of cases. Fast food restaurants are visited every day and several times a week by 15%, once a week by 14%, less often or not at all by 71%.

The use of certain products and dishes is worth noting. Vegetables are consumed daily by 50%, several times a week by 44%. Fruits are consumed daily by 44% of the respondents, several times a week by 50%. Meat is consumed daily by 56%, several times a week - by 41%, while the most popular type of meat was chicken - 70%. Fish is consumed once a week and more often - 31%, 16% of the respondents do not eat fish at all. 16% eat porridge daily, 28% eat it several times a week, and 13% do not eat porridge at all. Sour-milk products are consumed daily by 50%, several times a week - by 34%, and 6% do not consume at all. 57% of schoolchildren consume confectionery and sweet bakery products daily. Do not add

sugar to the drink or add 1 spoon of 71%, 2-3 spoons of 20%, more - 9%. Carbonated drinks are drunk daily by 11%, several times a week - 19%, once a week - 17%, 52% rarely or not at all.

DISCUSSION

The problem of unbalanced nutrition of schoolchildren remains relevant, which is the cause of alimentary-dependent diseases. Based on the results of the study, we can name the main nutritional imbalance: excessive consumption of sweets, confectionery, with insufficient consumption of fruits, vegetables, grains and dairy products.

The best way to prevent alimentary-dependent diseases can be called hygienic education of schoolchildren, including it in the school education program.

CONCLUSIONS

1. All schoolchildren have normal body weight or underweight.

2. Most schoolchildren follow the diet.

3. The nutrition of adolescents cannot be called balanced, since only 56% of schoolchildren eat meat every day, 50% of vegetables and fruits, 16% of cereals and 50% of dairy products. At the same time, 57% of schoolchildren note the daily use of sweet confectionery.

4. Unbalanced nutrition plays a key role in the development of alimentary-dependent pathology.

LIST OF SOURCES

1. Alimentary-dependent diseases. WHO policy. [Electronic resource] // URL: <https://www.euro.who.int/ru/health-topics/disease-prevention/nutrition/policy> (date of access: 06.0.2022).

2. Korolev A.A. Hygiene of food: textbook, for students. higher studies, institutions / A.A. Korolev. - M.: Publishing Center "Academy", 2018. - 528 p.

3. Alimentary-dependent risk factors for chronic non-communicable diseases and eating habits [Electronic resource] URL: <https://cardiovascular.elpub.ru/jour/article/view/2952> / (Accessed: 06.02.2022).

4. Sorvacheva T.N., Comprehensive assessment of actual nutrition and nutritional status of children and adolescents: study guide / T.N. Sorvachev, A.N. Martinchik, E.A. Pyriev. – M.: GBOU DPO RMAPO, 2014 – 73 p.

Сведения об авторах

Е.В. Треногина – студент

Д.А. Сайпеев – студент

А.Д. Иост – студент

Е.В. Колотнина – кандидат филологических наук, доцент

Information about the authors

E.V. Trenogina – student

D.A. Saipееv – student

A.D. Iost – student

E.V. Kolotnina - Candidate of Philological Sciences, Associate Professor