

**ICPHSP4008**

**Title:** The Impact of Health Education on Dietary Habits (as determining of BMI) among Students at Vlorë University

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**Abstract:**

Background: Education in terms of healthy nutrition is in itself a changing plan; it includes elements that can improve nutritional well-being. This education provides accurate, complete and different types of information which will carefully interfere in everyone's lifestyle.

The aim of the study: Evaluation of the impact of health education in lifestyle and food habits that affects the weight biometric parameter ( BMI ) at the University of Vlorë students, in order to identify the problems needed to interfere so to improve their nutritional status

Specific objectives: Evaluation of the distribution of BMI values, dietary habits, nutritional history of nursing students and non-Nursing students.

Methodology of the study: This is a cross - sectional study, conducted during the period May - July 2013. This study included 682 students of University "Ismael Qemali " in Vlorë: 234 of them were on the first year, 184 on the second year, 193 on the third year, 71 students of the master's department. 308 students were from the Faculty of Public Health and 374 students from other faculties (not nursing). In this study I used a self administered questionnaire which is based in YRBSS and EAT 26 questionnaire. The program used for analysis is SPSS Statistics 17.0.

Results: 19.2 % of nursing students and 17.6% of non nursing students were underweight, 6.5 % of nursing students and 18.7 % of non nursing students were overweight, and 0.9 % of nursing students and 1.7 % of non nursing students were obese. 90.6 % of nursing students are not in pursuit of a diet, versus 85 % of students from other faculties. 53.2 % of nursing students and 50.7 % of students of other faculties have admitted the use of fast food meals at least 1-2 times a week. Students of the Faculty of Public Health are best users of vegetables, milk and sweets. A large number of students in the four levels of study admit to have physical activity mainly 1-2 days a week.

Conclusions: The impact of the field of study and specifically in nursing area is expressed in terms of: accurate BMI perception, frequency of fruit, vegetable and milk use. The impact of academic levels is more expressed in terms of: BMI, the number of meals per day, consumption of fast food.

**Keywords:** BMI, healthy attitude towards food, food habits.

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