

METABOLIČKI SINDROM I ISHRANA U STUDENTSKOJ POPULACIJI

CURRENT CHALLENGES IN MAINTAINING THE REPRODUCTIVE HEALTH OF WOMEN

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SAŽETAK

Uvod: Metabolički sindrom (MetS) je naziv za grupu faktora rizika (povišen krvni pritisak, visok nivo šećera u krvi, abdominalna gojaznost i visok nivo triglicerida u krvi) koji zajedno povećavaju rizik za razvoj aterosklerotičnih kardiovaskularnih bolesti, insulinske rezistencije, dijabetesa i vaskularnih neuroloških komplikacija kao što je moždani udar. Prevalencija metaboličkog sindroma među studentskom populacijom varira u zavisnosti od regiona i životnih navika.

Cilj rada: Utvrditi prevalenciju metaboličkog sindroma i navike u ishrani studenata Univerziteta u Pristini.

Metod rada: Ova studija preseka je sprovedena u Zavodu za zdravstvenu zaštitu studenata u Kosovskoj Mitrovici (Studentska Poliklinika). Sistematskim pregledom je obuhvaćeno 600 studenata kojima je procenjen nutritivni status, izmeren krvni pritisak i odrađene odgovarajuće laboratorijske analize (nivo glukoze, triglicerida i lipoproteina visoke i niske gustine). U određivanju nutritivnog statusa korišćeni su: BMI (body mass index - indeks telesne mase), procenat ukupne masne mase tela i obim struka. Istovremeno su studenti popunjavali socio-demografski upitnik kao i upitnik za ispitivanje životnih navika studenata. Kriterijum za dijagnozu metaboličkog sindroma je prisustvo tri od ukupno pet faktora rizika prema NCEP - National Cholesterol Education Program, Adult Treatment Panel III. Nivo statističke značajnosti je postavljen na $p < 0,05$.

Rezultati rada: Ukupno 600 studenata je bilo uključeno u studiju. Nešto veći je udeo studentkinja u uzorku istraživanja 66%. Većina studenata 48,0% živelo je u studentskom domu. Prosečan BMI je bio $22,2 \pm 3,9$. Studenata sa viškom kilograma, koji prema BMI spadaju u grupu predgojaznih bilo je 93 (15,5%) a gojaznih 27 (4,5%). Prevalencija MetSa sa prisustvom sva tri faktora rizika iznosila je 2,5%, stim da je učestalost značajno veća kod studenata 73,3% u odnosu na studentkinje 26,7%. Najzastupljeniji faktor rizika za definisanje metaboličkog sindroma bio je povišen nivo triglicerida (86,7%). Povećan obim struka (80,0%) je drugi najčešći faktor rizika a zatim nizak nivo lipoproteina visoke gustine HDL (53,3%). Zanimljivo je da je 13,3% studenata imalo MetS a prema BMI pripadali su kategoriji normalno uhranjenih, dok je većina studenata sa znacima metaboličkog sindroma pripadala kategoriji gojaznih 73,3%. Povećan rizik za nastanak MetSa imalo je 26,2% studenata jer su imali jedan ili dva faktora rizika neophodna za postavljanje dijagnoze. Manje od polovine studenata redovno doručkuje 250 (41,7%) a pet obroka dnevno ima svega 22 (3,7%). Voće svakodnevno konzumira 31,5%, povrće 22,4%, dok koštunjavo voće samo 4,2% studenata. Polovina studenata 52,2% konzumira brzu hranu 5 do 6 puta u toku nedelje, kao i čips i slane grickalice, dok jedna trećina jede slatkije svaki dan 36,3%. Mleko i mlečni proizvodi su najčešće na jelovniku dva do 4 puta u toku nedelje kod većine studenata 28,5%.

Zaključak: Prevalencija Metsa u studentskoj populaciji znatno se ne razlikuje od prevalencije MetSa u svetu. S obzirom da postoji tendencija porasta ovog oboljenja trebalo bi pažnju usmeriti na usvajanje zdravih stilova života, što podrazumeva, redovnu fizičku aktivnost, raznovrsnu ishranu sa dosta voća i povrća, održavanje telesna mase u okviru normalno uhranjene prema BMI klasifikaciji, prestanak pušenja i konzumacije alkohola.

Ključne reči: Metabolički sindrom, ishrana, studenti

ABSTRACT

Introduction: Metabolic syndrome (MetS) is the name for a group of risk factors (high blood pressure, high blood sugar, abdominal obesity, and high blood triglycerides) that together increase the risk of developing atherosclerotic cardiovascular disease, insulin resistance, diabetes, and vascular neurological complications such as stroke. The prevalence of metabolic syndrome among the student population varies by region and lifestyle.

Objective: To determine the prevalence of metabolic syndrome and eating habits of students at the University of Pristina.

Methodology: This cross-sectional study was conducted at the Institute for Student Health Care in Kosovska Mitrovica (Student Polyclinic). The systematic review included 600 students whose nutritional status was assessed, blood pressure was measured and appropriate laboratory analyzes were performed (glucose, triglycerides and high and low density lipoprotein levels). In determining the nutritional status, the following were used: BMI (body mass index), percentage of total body fat mass and waist circumference. At the same time, the students filled out a socio-demographic questionnaire as well as a questionnaire for examining students' lifestyle habits. The criterion for the diagnosis of metabolic syndrome is the presence of three out of a total of five risk factors according to NCEP - National Cholesterol Education Program, Adult Treatment Panel III. The level of statistical significance was set at $p < 0,05$.

Results: A total of 600 students were included in the study. The share of female students in the research sample is slightly higher, 66%. The majority of students, 48.0%, lived in a student dormitory. The average BMI was 22.2 ± 3.9 . There were 93 overweight students (15.5%) and 27 overweight students (4.5%) according to BMI. The prevalence of MetS with the presence of all three risk factors was 2.5%, with the frequency being significantly higher in male students 73.3% compared to female students 26.7%. The most prevalent risk factor for defining the metabolic syndrome was an elevated triglyceride level (86.7%). Increased waist circumference (80.0%) is the second most common risk factor, followed by a low level of high-density lipoprotein HDL (53.3%). It is interesting that 13.3% of students had MetS and according to BMI they belonged to the category of normal nutrition, while the majority of students with signs of metabolic syndrome belonged to the category of obese 73.3%. 26.2% of students had an increased risk of developing MetSa because they had one or two risk factors necessary for diagnosis. Less than half of the students eat breakfast regularly 250 (41.7%) and only 22 (3.7%) have five meals a day. Fruit is consumed daily by 31.5%, vegetables by 22.4%, while only 4.2% of students consume stone fruits. Half of students 52.2% consume fast food 5 to 6 times a week, as well as chips and salty snacks, while one third eat sweets every day 36.3%. Milk and milk products are most often on the menu two to four times a week for the majority of students, 28.5%.

Conclusion: The prevalence of MetS in the student population does not differ significantly from the prevalence of MetS in the world. Considering that there is a tendency for this disease to increase, attention should be focused on the adoption of healthy lifestyles, which means regular physical activity, a varied diet with plenty of fruits and vegetables, maintaining a body weight within the range of a normal diet according to the BMI classification, stopping smoking and alcohol consumption.

Key words: Metabolic syndrome, nutrition, students