

**KNOWLEDGE, PRACTICES AND PERCEPTIONS REGARDING LIFESTYLES,
NUTRITIONAL STATE UNIVERSITY.**

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Cindy Ruiz Nutrition Counselor.

** Faculty Polytechnic Institute of Health, National Autonomous University of Nicaragua,
Managua. Alvaradoashley@yahoo.com*

Summary

Objective:Determine knowledge, practices and perception about healthy lifestyles and nutritional status possessed by students of the early years of the Polytechnic Institute of Health UNAN-Managua 2017. **Materials and Methods:** A descriptive, transversal, was performed with a universe of 406 students and a sample of 168 students, the information was obtained through a survey, which was filled out by each participant, anthropometric measurements for nutritional assessment was made. Once the data were processed and the results were created in statistical tables and graphs using, Microsoft Excel, SPSSversion 21 for Windows. **results:**the female dominates 63% in the age group 15 to 20 years, 71% of students of different races have adequate knowledge of Food and Nutrition, in turn 57% were identified best practices on lifestyles healthy, according to the perception of healthy lifestyles most regularly they were classified by performing 6 questions. Regarding the nutritional status 60.7% of students were found in a normal classification, 33.9% had excess malnutrition and 5.4% underweight. **conclusions:**college students have acceptable knowledge but do not put it into practice, have regular perception about healthy eating, and their nutritional status.

Keywords:

Knowledge, practices, perceptions, Lifestyles, Nutritional status

Abstract

Objective:Determine knowledge, practices and healthy lifestyles and perception About nutritional status possessed by students of the early years of the Polytechnic Institute of Health UNAN- Managua 2017. **Materials and Methods:** A descriptive, transverse, was performed with a universe of 406 students and a sample of 168 students, the information was Obtained through a survey, Which was filled out by each participant, anthropometric measurements for nutritional assessment was made. Once the data processed and the results Were Were created in statistical tables and graphs using, Microsoft Excel, SPSSversion 21 for Windows. **results:**the female dominates 63% in the age group 15 to 20 years, 71% of students of different races Have adequate knowledge of Food and Nutrition, in turn 57% Were Identified best practices on lifestyles healthy, According to the perception of healthy lifestyles MOST Regularly They Were classified by performing six questions. Regarding the nutritional status 60.7% of students Were found in normal classification, 33.9% malnutrition and excess ADH 5.4% underweight. **conclusions:**College Students Have not acceptable knowledge but do put it into practice, have healthy eating About regularly perception, and Their nutritional status.

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INTRODUCTION

Knowledge about food, nutrition and practice of these is important in college to modify styles of unhealthy life avoiding lead an unhealthy diet that may lead to improved quality of life, thus not suffer in the future diseases they could have prevented but it is difficult to integrate with the rhythm of university life living in these times. Some studies have evaluated knowledge, practices, on food, health and exercise one of them the School of Nutrition and Dietetics (1) where identified deficiencies in knowledge about healthy eating habits in college, the perception of students about their eating habits and physical activity is fair or poor, increased physical exercise in men; Another study Assessment of nutritional status in university through dietary parameters and body compositionHospital Nutrition, showed a disturbing percentage of people both overweight and underweight. Diet group away from the current recommendations for prudent diet with a caloric intake of unbalanced macronutrient (2). A study at UNAN Managua-Nicaraguaon perception of risk factors for chronic noncommunicable diseases in the university population in which it was shown that the study population of 349 people students and workers; 39 were normal weight, with the remainder raised, moderate and severe overweight risk.

Showing that overweight and obesity is high in this population excellent power factor followed by genetic factors and sedentary lifestyles which affect the appearance of chronic non-communicable diseases (3). According to the Ministry of Health (MoH) Chronic Non Communicable Diseases (NCDs) affecting all age groups, all regions and countries. These diseases are often associated with the older age groups, but the data show that 15 million of all deaths attributed to NCDs occur increasingly in young adults (4). These diseases are favored by factors such as rapid and unplanned urbanization, globalization of unhealthy ways of life and the aging population. In universities by unwholesome diets, propaganda and supply of junk food, physical inactivity, exposure to smoke snuff or harmful use of alcohol, the student must adapt to new academic demands, schedules and organizational culture, which it affects your lifestyle, become disoriented by being in a less protected and less restrictions (5) environment. Through this study we sought to encourage the university community of the faculty POLISAL the information obtained to improve or enhance the lifestyles they have. According to the above and the recommendations of the studies already undertaken to define strategies for prevention of noncommunicable diseases and health promotion in college students.

The objective of this research was to determine knowledge, practices and perception about healthy lifestyles and nutritional status of students early Cop Health Technical Institute, UNAN-Managua, August-November 2017.

Materials and methods

A descriptive study transversal (6) was performed, the study area was Recinto Universitario Ruben Dario, Polytechnical Institute of Health -Managua which has ten faculties, the universe was 406 students which was obtained a sample by statistical formula of 197 students however the study sample was 168 students of the early years poly technical Institute of health, who were present and who agreed to be part of the study at the time of data collection. Inclusion criteria were: Students of both sexes (female, male) of the first years that have signed the letter of informed consent.

The instrument to collect information was a pre initiative developed by the Committee on Food Security and Nutrition Project Healthy University survey was adapted according to the study objectives with open and closed questions, each student filled his survey. To assess the

degree of knowledge, they were assigned 14 questions of which; 4 questions correspond to knowledge of food, nutrition and 10 questions about practices lifestyles, which an overall average of the questions and answers of knowledge like practices took place. For purposes of analysis of the results, the responses were classified; Answer 1 rated as adequate response 2 qualified as a regular and Answer 3 rated as inadequate this based on the terms referenced in the literature, regarding perception about healthy lifestyles, 6 questions were included, anthropometric data was performed to assess nutritional status (weight and height), with a salter scale thus facilitating calculate body mass index (BMI), the cutoff points for classification were: Moderate thinness: BMI <16 Underweight: $16,0 \leq 17,0$ - normoweight: $18.5 \leq IMC < 24.9$ - Overweight: $25,0 \leq IMC < 26.9$ - mild obesity: $27.0 \leq IMC < 29.9$ - moderate obesity: $30,0 \leq IMC < 39.9$ and severe obesity: $IMC > 40$ (7). The results were processed using the statistical software SPSS version 21 for Windows, the Microsoft Excel spreadsheet for making tables and graphs and realization of the final report Microsoft Word 2008 was used.

results

General data

75.5% of participants were females with an average age of 15 to 20 years with 88.7%. In relation to the place of origin most of them belonged to the urban area and 77.4% were Catholic predominant religions with 48.8% and 34.5% Evangelical with.

Knowledge of food and nutrition.

In the four questions aimed at assessing the degree of knowledge a little more than half of the students have adequate knowledge of food and nutrition in question three How many times the body needs food? low knowledge were respect thereto, however generally require more objective information (Table 1).

Knowledge of first-year students Poly Technical Institute of Health.							
Knowledge of food and nutrition	Suitable		Regular		Inadequate		
	No.	%	No.	%	No.	%	
1- Healthy Eating	119	71	22	13	27	16	

2-Function food groups: milk and meat, grains and cereals, tubers, legumes and desserts, fruit and vegetables, canned, gaseous drinks, alcoholic B., B energizers, fat, frying and misc.	119	71	3.4	twenty	fifteen	9
3-times food the body needs.	53	31.5	105	62.5	10	6
4-day main meal.	136	81	29	17	3	2
5- Total	106	64	48	28	14	8

Table 1: Survey POLISAL

Practice on lifestyles.

A small part of the population has inadequate practices (Table 2), but mostly good practices presented in the frequency of adverse health and adding salt to food substances, should improve practices in everyday life.

Practice on lifestyles of students Poli early years of the Technical Institute of Health						
Practice healthy habits	Suitable		Regular		Inadequate	
	No.	%	No.	%	No.	%
1-Cuatro more than 4 times of food made daily.	44	26.2	78	46.4	46	27.4
2-Eight glasses. Water consumption.	76	45.2	35	20.8	57	3.4
3-natural juices, other beverages that students take.	99	59	30	18	39	2.3
4-Food home-purchase kiosks on college.	26	15.5	61	36.4	69	41

5- Never They add salt to food ready.	152	90	4	2	12	8
Preparation of 6-cooked food, steamed, boiled.	48	28.6	63	37.5	57	33.9
7-physical exercise.	84	fifty	8	5	76	Four. Five
8-Never consume snuff	144	86	16	10	8	4
9-Never use alcohol	111	67	53	32	4	2
10-Never use other substances	160	95	6	4	2	1
Total		57		twen ty- one		22
	95		36	one	37	

Table 2: Survey POLISAL.

Perception of food and nutrition.

Almost half of students are not considered healthy, more than fifty percent are satisfied with their physical image, on the grounds that they eat the food groups 60% are regular answering their preferred food for own tastes, almost forty five percent (44.6%) do not live under a lot of stress, a little more than half (52.4%) consider that eat normal and most students (98.8%) found a relationship between food and health.

Nutritional status

According to the classification of the World Health Organization (7), overweight is determined by a body mass index 25,0- <26.9. Most of the study population has normal nutritional status yet figure the problem of overweight mostly underweight the youth.

Nutritional status of students in early years of POLISAL		
Nutritional status	No.	%
Moderate thinness	3	1.8
Under weight	6	3.6
normoweight	102	60.7
Overweight	24	14.3
mild obesity	19	11.3
Moderate obesity	10	6
Severe obesity	4	2.4
Total	168	100

Table 3: Survey

Discussion of results

The results of this study indicate adequate knowledge in most of the students however not all put their knowledge into practice, these results are consistent with some studies claim that knowledge about healthy eating habits is not enough to bring about change in individuals (8.9 to 10). Coincide with the findings of Sámano, Flores and Casanueva (11), who found inadequate eating habits among Mexican adolescents, and a study among university students in Greece in which significant difference in habits of consumption of fruits and fast food.

The perception of students regarding food and nutrition were regular, almost half considered not to feel healthy and do not conform to their physical image, for their poor diet and overweight, reflecting a negative perception, according to Melgoza (12) Physical appearance is important in adolescents having great impact on the formation and development of self-esteem, most do not choose their food for its nutritional value if not for their own tastes which shows these students the little importance given to food and lack of nutritional food they eat. 32% consider having an increased appetite contrasting what he says Cortés excess food is one of the visible consequences that lead to increased body fat and thus weight gain, slightly more than half consider living under stress which is to have a diminished quality of life because it modifies the functioning of the body and in turn causes the heart rate to rise, blood pressure, breathing, muscle tension, among other according Cortes (12).

Regarding nutritional status, although most students had a normal body mass index, the percentage of overweight youth in the sample (34%) was high. Noriega (13) states that there aspects that influence on the tendency to accumulate overweight: emotional, endocrine-hormonal and metabolic addition to physical inactivity appearance and poor diet, lifestyle unhealthy living and inconsistent meal times perhaps by genetic factors or careless of their health, plus high availability and accessibility of foods with high energy density and sugary drinks, combined with low consumption of water, fruits, vegetables and cereals.

According to the literature there is little programs at universities nationwide interested in promoting healthy eating despite some campaigns that are made, some strategies could be implemented for this purpose, such as institutional intervention to limit access to unhealthy foods,

the education of parents, students and teachers about healthy eating and incorporating these issues into the curriculum

conclusions

In conclusion, the research showed that having most appropriate university expertise food and nutrition does not determine that all of them put it into practice, men practice more physical activity than women, the perception of food is average in terms of nutritional status the worrying problem of overweight and obese youth is evident because of their bad eating habits.

Given the findings of this study and several research university population (1, 2.3), the need to implement programs aimed at improving lifestyles in this population programs is evident, they do not perceive the risk of unhealthy eating behaviors and habits are likely to improve.

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