

Pavlovic M., Djokic D., Legetic B., Jakovljevic D, Bolits Z., Rapic D., Kljatic B., Bjeloglav D., Nutritional status in schoolchildren aged 10-18 from North Backa Region in Yugoslavia, Book of abstracts of the 8th European Nutrition Conference, Lillehammer, Norway, 17-19 June 1999 Scandinavian Journal of nutrition, Supplement 34, 2S/1999, p 78S

Objective - The objective of this study has been to determine the nutrition and nutritional status of schoolchildren in North Backa Region in province of Vojvodina. This study has been taken in November 1998, as a pilot project of the National Study: "Schoolchildren health condition, health needs and health care usage in Serbia".

Material and methods - A representative sample of 863 schoolchildren aged 10-18 have been covered by cross-sectional analyses of nutrition and nutritional status.

Results - Analysing the daily consumption of meals we determined that two meals have 48, 0%, and three 44% of children. Everyday they consume fresh fruit only 43%, vegetables 21%, meat and meat products 30%, one cup of milk only 36% of children, sweet non-alcoholic beverages 39%, and snacks 28, 5% of them. More than 15, 6% children add more salt in their meals everyday. Only 25% of them think about health when they choose food, and only 37% children want to change their nutritional habits. Distribution of children according to BMI NHANES I we found 6,4% with BMI < P5, 13,8% with BMI P5-15, with BMI P15-85 66,2% of them, overweight 9,6% and obese 4,1% of children. Elevated systolic blood pressure we determined in 4, 5%, significant hypertension in 2, 3% of them. Anaemia exists in 8, 2% of boys and 16, 4% of girls. Hypercholesterolemia was found in 11, 9%, low HDL-C in 16%, high LDL-C in 21, 7%, and hypertriglyceridemia in 30% of children.

Conclusions - Unbalanced nutrition in schoolchildren has influence on inadequate nutritional status and risk factors of cardiovascular diseases. Therefore we have to correct nutrition and prevent nutritive disorders in this population.