

DIETARY HABITS AND NUTRITIONAL STATUS OF CHILDREN IN PRESCHOOL AGE

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Abstract

Early childhood is the most important for the overall development of the personality. During this period, each child realizes that it is an independent entity, and it expresses certain requirements, desires, actions, proceedings and behaviour. Our research aims to display nutritional status and degree of obesity among preschool children in the Republic of Macedonia and nutritional quality of their diet.

Because of the increasing incidence of obesity in childhood and its consequences as a public health problem, the Institute of Public Health in Skopje implemented activities to assess the growth and nutritional status of children from the Republic of Macedonia. The study included preschool children from Veles, Kocani, Kumanovo, Skopje, Strumica, Prilep and Stip. Activities were conducted during 2013 by a unique methodology in the procedure of monitoring the growth and assessment of nutritional status among children in 1995 before the start of the first school year, first grade. The results were processed by standard deviation method.

Deviation of the body mass in the examined population of the children aged 7, in the range of +/- 2 and 3 SD. Malnutrition with deviations in growth was found in 0.7% of the examined population group and moderate malnutrition was among 3.3%. Overweight and obesity was found in 28.4% of examined children. Since 1995 examined preschool children 5.6% were very obese children.

Disruptions in the nutritional status such as malnutrition, and particularly state of obesity have roots in early childhood. Therefore it is very important to do prevention at an early childhood preschool age with proper guidance in eating habits and lifestyle and promoting physical activity.

Key words: Nutrition, Pre-school children age diet.