

# INFORMATICS SURVEY OF UNIVERSITY STUDENTS ABOUT THE ROLE OF RISK FACTORS FOR THE EMERGENCE OF CHRONICAL DISEASES

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## Abstract

Cardiovascular diseases are the leading causes of death. Extra risk for getting sick is in a bad everyday diet, bad lifestyle habits and the lack of physical activity. Even the younger population is not saved from the harmful impacts on their health.

For the needs of this research, a survey was put together about: eating habits, lifestyles and physical activity. Students of University North in Varaždin participated in the survey which was available as a Google docs form. Working hypothesis was that students are not aware of their bad habits and their consequences. Total number of examined students was 134 in the age from 18 to 33. Collected data was processed with the method of descriptive statistics.

46% of the examinees eat breakfast every day, and the daily intake of fluids is by 50% of them less than 2 L. By most of them intake of fast food, red meat, salt and bakery products is increased, and the intake of fish, fruit and vegetables is decreased. Most of them have their last meal after 6 pm. A bit more than a half of the examinees are non-smokers, but more than a half are daily exposed to passive smoking. 60% of the examinees don't do any physical activity, but they would if they had a chance. They are concerned about the impact that the lack of physical activity has on their health.

Results are confirming the hypothesis. Long unbalanced diet and bad habits most often bring to a disorder that, unless the eating habits and lifestyle are changed, are leading to different diseases among which are cardiovascular diseases. Also the lack of physical activity is in modern conditions of living the reality and an irrefutable fact. The perception of physical non-activity is a good starting point for the intervention in the population.

**Key words:** *Students, Chronical diseases, Risk factors, Informatic survey.*