

# NUTRITIONAL STATUS, DIET AND MALNUTRITION ASSESSMENT, AND EARLY DETECTION OF HEALTH RISKS FROM CHRONICAL NON-CONTAGIOUS DISEASES AT PRESCHOOL AND SCHOOL CHILDREN

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## Abstract

Objective of this research was to show and compare the nutritional status, nutrition of the children's population of preschool and school age, following and preventing cases of malnutrition, fattening risk and overweight body mass in this group, and early detection of signs for possible health risks from appearance of chronicle non-contagious diseases cases.

On particular representative sample of children from the region covered by PHI Centre for Public Health Tetovo, anthropological examinations are made. The research is a result of the systematic planned gathering, analysis, and interpretation of the data collected from the national program for public health in the region covered by PHI Centre for Public Health Tetovo for period of 2013. Applied methodology was in accordance with the methodology delivered by the Institute for Public Health of Republic of Macedonia, and according to the World Health Organization - WHO recommended standards for growth and development from 2007. These anthropological examinations (anthropological measurements) were conducted of 531 children from five school and one preschool institution (kindergarten).

The given results from the estimation of nutritional status in correlation with the growth and development in the period of childhood and adolescence are in agreement with the analyzed parameters: mark on the growth in relation to the age of children, nutrition status and mark on the nutrition. Anthropological measurements indicate that nutritional status of examinees is in the framework of the recommended standards.

Anthropological measurements have shown that body height of examinees (regarding the complete example) is in accordance with age standards. In the biggest percentage of children is detected normal nutrition and average muscle mass, while in one part of the examined population is detected deviation of these values where we can notice malnutrition and fattening from different degree. There is not considerable difference between the sexes and age groups of the examinees, disruption in growth and development are not detected.

**Key words:** Diet, nutrition, Malnutrition, Risk of chronicle non-contagious diseases.