

UNIVERSITY OF MEDICINE AND PHARMACY TÎRGU MUREȘ

DOCTORAL SCHOOL

Research of the way of life and of the risk factors of the rural population from Bacău County

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The insurance of the physical health by choosing a healthy life style has become nowadays a very important theme. The fast social and economic changes have a significant impact on the way of life of children, of teenagers and of adults. In our study, we focus our attention on the general problems related to maintaining health, implying both the analysis of the individual variations, and the different aspects of the social contexts where they manifest. We are thus contributing to behavioral characteristics of the population from the historical region of Bacău, Romania, and the obtained results will offer important landmarks in the revealing of the factors involved in the adoption of the health behaviors.

The habits related to food, physical activity, amount and quality of recreation, way of thinking, and at the same time the presence of the bad habits, such as smoking, alcohol consumption have a significant impact on the state of health.

Between February 2011 –October 2014 information campaigns for the population of Bacău were performed. On the whole, four travels were organized with 3-4 people, representing the Hygiene Discipline of the University of Medicine and Pharmacy of Mureș. The adults and children attendants filled in questionnaires which are the basis of the two different studies.

Study I was performed on a lot of 231 adults from 11 localities from Bacău County. The chosen method was the sociological investigation based on questionnaire and examinations, like measuring blood pressure, weight and height. The analyzed parameters were: the body mass index, the blood pressure, food habits, physical activity, alcohol consumption, active and second hand smoking, conditions of rest and optimism regarding the future. The body mass index and the blood pressure were measured directly, and the other followed variables were registered from the answers given to the questions from the questionnaires. The results obtained on the study group from Bacău were compared to data resulting from a group of 352 adults from Mureș. Two thirds of the population investigated from Bacău County had the body mass index above normal values, being overweight,

and a person out of four was obese, despite the fact that most of the interrogated persons exercise regularly daily or almost daily. The values of the blood pressure were not high, the normal high pressure values were dominant, and also the lack of the appropriate treatment for the ones with HBP is noticed. As far as the food habits are concerned, almost two thirds of the inhabitants do not have breakfast daily, and the snacks between the main meals are relatively low. Pessimism and high frequency of alcohol consumption may also appear within the context of harsh life conditions for the investigated population. After the assessment of the health score, more than two thirds of the target population has a satisfactory health state. Comparing the way of life of the population from Bacău to that of Mureș, we can see that the adults from the rural environment have breakfast more rarely and exercise more often, due to the life specificity. The alcohol consumption was statistically higher and more regular in the population from Bacău, on the other hand active and second hand smoking was significantly lower among them. The comparative assessment of the optimism between the two regions shows that the adults from Mureș are more optimistic.

Study II was performed on a lot of 196 children from the same 11 localities from Bacău County: Pustiana, Somușca, Arini, Valea Mare, Lespezi, Frumoasa, Nicolae Bălcescu, Luizi-Călugăra, Cleja, Dumbrăveni, Răcăciuni. The chosen method was the food investigation based on questionnaire and measuring weight and height of the children. The minor population with ages ranging between 7 and 11 years old was examined. This study followed the frequency of the food consumption and non-alcoholic beverages. The group was stratified in localities. The comparison lot was based on 151 children, with ages ranging between 8-11 years old (the average of 10 years old), with the domicile in Mureș, out of which 75 female (49,66%) and 76 male (50,34%). An irregular diet with a representative weight of the children is noticed, without serving breakfast. Bread is the food which is consummated most often, daily, practically at all the children included in the study. Salt is the other element which is used practically daily for the preparation of food. Although in general similar food habits are noticed with a similar consumption between Bacău and Mureș, for the following food groups a daily consumption was reported more often in Bacău of: cheese, eggs, bacon, potatoes, fruit and vegetables, onion/garlic and pickles.

Next to water, tea consumption was reported as being the most frequent, more than a third of the children consuming this beverage daily. Among the teenagers, several unhealthy eating habits have occurred, for example the exaggerated consumption of sweets, significantly more children from Mureș with BMI at risk consume sweets daily. The negative tendencies observed in the diet of children must be influenced as far as possible positively, through an appropriate health education, through the raising of the awareness about the diet risks and through the appropriation of healthy eating habits.

As far as the personal contribution to this thesis is concerned, the data and the conclusions from our study may contribute to the scientific research of some behavioral characteristics of the population from different regions as behavior and practices of the life style and may be the base of the future activities for research and improvement of the prevention/intervention programs.