

## The prevalence of obesity, food habits and physical activity among students of “aleksander xhuvani” university in elbasan district, Albania

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### Introduction

Obesity and overweight are growing problems being called right now with one of the biggest challenges to healthy development of the population in the XXI century.

During recent years has seen a change in lifestyle, food choice, the typical Mediterranean diet, to fast food and sedentary life. Feeding habits of young people are affected more by advertising fast- food. As a result, overweight and obesity are estimated at a pace significantly increasing among youth. Overweight and obesity are now a major public health problem worldwide.

Purpose of the study: is to determine the distribution and incidence of overweight and obesity in a group of students surveyed at the University "Alexandër Xhuvani" Elbasan and dietary implement them, in order to help health educators develop programs, which recommend good food choices, good habits of eating and involvement in sports.

### Methodology

In the second phase were measured anthropometric parameters such as length and weight. Body weight was measured using electronic scales, considering the fact that fluctuations in the state of hydration can affect bodily obtaining results. Measuring the weight was in the morning (at least three hours after waking up) when students had bladder empty, they did not exercise or did not eat or drink at least three hours before measurements. Measuring the length was with a metal ruler.

### Results

Food preferences regime: students showed that most of them 61.4% were eating meals regularly. Female students showed more healthy way of eating, compared with male students regarding the frequency of taking the morning. 53.3% of female students reported eating breakfast every day and 3-4 times a week compared with 52.1% male students. Most students 52.7% reported eating two meals a day, 56.6% of women reported eating two meals a day, compared with 47.9% of men. Gender difference in nutritional regime to follow is significant  $p < 0.05$ . 27.3% of students reported daily consumption of fruit. Men eat more fruit daily compared with females respectively 29.2% M vs 25.8% F. Alcohol intake is not common among students. 25.3% among students studied did not consume alcohol, and most of the students 57% reported rarely drink alcohol while 17.2% reported that they drank two to three times a week, however, think that this index can not be estimated accurately assessed only after answers them, which can not be sincere regarding the consumption of tobacco, alcohol and drugs.

### Conclusion

The survey data showed that the majority of people get in the study had a normal weight. Normal weight was more common among women than men. Students in the category of normal weight had the same amount of body fat percentage.

- Students with overweight and obesity were more common among men than women. The prevalence of overweight was 29.3% in males compared with 13.2% in women. Obesity was more frequent among men than among women in the study population.
- In total, 3.9% of men were obese compared with 14.1% of women. Students obese had the same high values of percentage of body fat. There was a significant gender difference in terms of frequency of taking meals in the study group.
- 77.1% of men and 72.6% of women in this study were of the view that the diversity of food is important to have a balanced diet and nutritious.
- By increasing students' knowledge of particular feeding and healthy way of eating can increase body weight management to students and reduction of overweight and obesity.