

## 5. Preventive medicine

### **HYGIENIC ASSESSMENT OF THE NUTRITION OF POPULATION'S CRITICAL GROUPS**

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Food is one of the most important factors that influence on the human health [7, p. 16; 10, p. 677]. Imbalance, polydeficite, uniformity, lower food and biological value of the diet and other negative deformation of the food are a risk-factors for disorders of pathology reproductive system and somatic health [5, p. 68; 8. p. 63]. With respect to the pregnant woman accordance her nutrition to the hygiene requirements are particularly important [1, p. 18; 2, p. 162]. Food - one of the main factors in the pregnancy and normal fetal development. Nutrition during pregnancy creates a favorable background for the health of the child [9, p. 3].

The first European plan of action on food problems and nutrition WHO focuses on the negative consequences of irrational nutrition of different population groups, including women before and during pregnancy. [6, p. 38]. During pregnancy and childbirth a woman's body necessary intake of biologically active substances, because now her organism should provide not only themselves and newborn [9, p. 4]. Therefore, the questions of a regime of the diet, its rationality, quality and usefulness of the daily diet most sensitive parts of the population - pregnant women are very important and need attention of specialists.

Thus, the goal is hygienic assessment and identification of features of actual nutrition of pregnant women is nutrition which living in conditions of technogenic contaminated territories.

Assessment of practical nutrition of pregnant women carried out with questionnaire-polling method [3, p.6-10]. It which contains the questions about nutrition, subjective attitude to the use of different food the last full week menu for the calculate the consumption of food per day. The survey was conducted among healthy women of Dnipro city, aged 20-25 years. These women has not occupational hazards, somatic genetic diseases, bad habits and has physiologically normal pregnancy first and second trimester.

Evaluation of the results was performed with comparing the recommended daily food packages [4, p. 1-18]. It processed 462 questionnaires by statistically. Analysis of the data shows that 44% of pregnant women receiving food three times per day, 20% - 4 times per day, and 8% - only twice. Despite the physiological status of women surveyed, 64% of them eating irregularly. 20% of women do not eat hot food, and 36% - distribute food throughout during the day. Inconsistency diet to the hygiene requirements leads to violations of the normal functioning of the digestive system reduces the absorption of food and reducing supply of the nutrients to the organism of the pregnant women.

Subjective assessment of food consumption by pregnant women suggests about different personal representation of women on quantitative and qualitative daily nutrients packages. Thus, the majority of women (52%) do not use rye bread. According to the physiological condition of the body in the daily diet the quantity of the rye bread must be at less 100 g. During the day 52% of women believe they use a sufficient number of white bread (100 grams). But really the total daily addition of rye and wheat bread was below the recommended quantity (73.3%). According to the respondents, the most of them use cereals, pasta, sugar and sweets according to the recommended quantity – 44 and 56 %%, respectively. But really these numbers are more and higher than the recommended quantity - 46.4 and 30.1 %%, respectively. Most of the women (44%) believe they consume till 200 grams of potatoes per day, it shows that

subjective assessment does not correspond to the really using because the quantity of the potatoes in the daily ration of the pregnant women should be 250 grams. Thus, in the nutrition there is a deficit of 54.9% of this product.

According to the survey pregnant women consider that their diet includes fruits and vegetables less than 200 g – 64%. This may be due the survey was conducted in November. Considering the seasonal limit of the consumption of this product group, pregnant women need to increase the daily diet, primarily due to this category of the products. There are deficit of fruits, berries in the subjective and objective assessment on. Thus, 52% of women assessed the use of these products less than 100 g per day according the recommended quantity – 300 g. It is confirmed by the data, according to these the deficit reached to 56.9%. The lack of content in the diet of fruit, juice is also linked to the seasonal deficit.

The diet of pregnant women is scarce on meat and meat products (below 100 grams per day – 56% if necessary 150 g), milk and milk drinks (less than the recommended 400 g they use 84% of respondents). These figures correspond to the objective deficits in daily diet – 73.6 and 70.7% respectively. Inadequate use of these food groups negatively influence on the health of the pregnant woman. Deficit of the vitamins, protein promote to the development of anemia and other complications of pregnancy [1, p.19].

In the daily diet the respondents objectively assess deficit cheese and sour cream. Most of the respondents appreciated the use of these products at a level less than 100 grams (cheese) and less than 25 grams (sour cream).

Very limited diet of pregnant women for oil - the source of biologically active compounds (polyunsaturated fatty acids, vitamins A, D, E, carotenoids, phospholipids, sterols, etc.). Pregnant woman use less than 25 grams recommended daily vegetable fat (92%). It is also corresponds to the data of the really daily intake (13.2% of the recommended norms). Only using of butter as

subjective data and survey data were analogically and correspond recommended daily requirement.

Diet regime of the pregnant women should be 4-5 times per a day. The deficit of content in diet full of protein, vegetable, fats with the increase of carbohydrate increases the risk of complications during pregnancy. These substances contribute to body mass of pregnant woman. Therefore in the second part of pregnancy it should reduce the consumption of these products and products from flour, cereals and pasta.

An important part of normal pregnancy course is the use of vitamin-mineral complexes. 60% of these women do not use vitamins and vitamin-mineral complexes which be able to fill up the deficiency of essential substances in the body during pregnancy. Only 40% of pregnant women and most of them irregularly use multivitamin preparations.

There was comparison really nutrition theses woman with recommended hygienic standard. Diet of pregnant woman has deficit meat and meat products, fish and fish products, milk and milk drinks, sour cream, oil, vegetables and eggs. At the diet it was a few of fruits and berries, soft cheese. This nutrition contains big quantity of cereals and pasta products, sugar and sweets. These dates show some negative trends in the nutrition of the Ukraine population: increased use of grain products and sugar, it adduct to violations of balanced daily diet.

The study of really nutrition of pregnant women show that diet of this contingent do not correspond hygienic requirement. Pregnancy woman has uncritical attitude to use necessary products in their state. Analysis of the weekly menu also shows that the practical nutrition of the pregnant women of Dnipro city does not meet hygienic requirement. The really nutrition of women is characterized by quantitative and qualitative deficiency of daily diet of the meat, fish, vegetables and fruit. On the deformation background of the nutrition

constant intake of xenobiotics to the organism, especially in technologically polluted cities, potentiates health risk not only pregnant woman, but also to the fetus and causes decrease of the resistance of the organism in the situation of polluted environment.

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