

Nutrition for a Healthy lifestyle to the children aged 0-5 years

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Abstract

Feeding method has been considered as one of the causes of the occurrence of heart disease, diabetes, some forms of tumors, these last years disease has been spread fairly disturbing.

The World Health Organization highlights the role of a balanced nutrition to stay healthy and prevent or treat many diseases.

The first purpose of this study has been to improvement the health of mothers and children has been certified way for a healthy nation. The second is to improving child nutrition. The object of the study is about Who is the group of "at risk" children and also to see what prefer more children. In this study for the methodology has been distributed 100 questionnaires (primarily mothers), where questionnaire contained 20 questions. The questionnaires were completed for the city of Shkodra. The results of the study have been some, such as: only children were made more concessions in terms of foods you should be eating. Children who consume food before television had a greater duration of food meal. Children who go to the garden had less "pretentious" for food. The economic impact on the consume of different foods. It is very important duty of parents to create preferences in children at early age, but it has been also the duty of the health centers to advise mothers on feeding mode and the type of food you need to use. Also in the end of this study have been found some recommendations such as: Education of parents affects children's nutrition. Some children who do not consume all the food have had problems with weight and length. Few children take supplements in food. Children prefer more food, than nutritional value.

Keywords: *Nutrition, children, consume, abuse, diseas.*

Entry

The concept of "food regime" refers to the food habits of each individual organization that is able to provide food rations and that its diversification, the fruit of this choice clearly seen from physical or health condition. Dietary contains: carbohydrates, proteins and fats, which often have a different proportion in the population, such changes, in the diet, the accepted health standards globally can have serious consequences for human health and serious. Always constituted more of a pathology associated with the wrong food regimen by the patient, in some cases there may be recovery in other cases these "mistakes" will not allow a return to your earlier situation.

Improving the health of mothers and children is more secure way for a healthy nation.

The purpose of the study:

Improving child nutrition!

Objectives of the study:

Who was the most "at risk" of children? What many children prefer?

There are some diseases that arise from malnutrition of children as:

- ✚ Protein-caloric malnutrition
- ✚ Obesity
- ✚ Marsamus (weakness)
- ✚ Lack of vitamins

For this reason, this study serves this target group to obtain basic knowledge because of the lack of information regarding healthy nutrition.

Legislation on food control.

Control of a face eating food legislation already adopted after 1990 and from control structures throughout the country.

Legislation currently based in the area of food control in our country consists of several sub-base, as:

- Law No. 7941, dated 31/05/1995 "On Food"
- Law No. 7643, dated 02/12/1992 "On State Sanitary Inspectorate"
- Law No. 7674, dated 23/02/1993 "On Veterinary Inspection Service"
- Law No. 8192, dated 06.02.1997 "On Protection of Consumers"

Having problems analytically assess the legitimacy treated vdescribed above, should mention the food control structures, which are as follows:

- ✚ Food Inspectorate
- ✚ State Sanitary Inspectorate

Food Safety

Safe food supply is a necessity to protect public health.

We present conditions the need for preparation of policy to reduce food borne diseases that will simultaneously affect the cost reduction for health services.

Importers of food, local food producers and all stakeholders who are engaged in supplying the population with food, must recognize the opportunities that exist for a food in accordance with dietary guidelines. Public demand for food "to healthy" are increasing. In fact, industry, traders and in some cases respond favorably. For this it is necessary to undertake changes in the attitude towards healthy nutrition and lifestyle. Should be involved in these actions in state but also non-governmental organizations and as many other interested groups. Should strengthen efforts to escape from disease, cure and treatment being directed towards disease prevention and health promotion, increasing community participation and self-responsibility of the individual. Food can be contaminated during different stages of initial agricultural production, storage, transport, processing, packaging and final preparation. Each link in the food chain must be strong to protect the health of consumers.

Malnutrition and disease

The method of feeding is considered as one of the causes of the occurrence of heart disease, diabetes, some forms of tumors, that these diseases are spreading in recent years so quite disturbing. World Health Organization in its guidelines, outlines the role of a nutritional balanced to be healthy and to prevent or treat many illnesses. In recent years our country diseases such as diabetes, cardiovascular diseases apparatus, or even cancer, and are spreading to many experts thought that one of the main causes is not an appropriate diet. Today we use an inappropriate dietary needs of the organism. Diet contains more fat, sugar, salt and is poor in fiber, minerals and vitamins. Foods are processed to the point that not at all resemble the natural food. But on the other hand there is no food was only sufficient to provide all the necessary elements to guarantee health. Therefore it is necessary to contain the variety of foods diets, but this must be done by selecting healthy foods and famous.

Oral Health

Oral diseases, although rarely threaten human life, impact on the loss of ability to work. Dental caries is usually associated with excessive sugar food diet. Abnormal diet, including frequent use of acid drinks can result in large losses of the surface of teeth.

Some oral health priorities are:

- Integration of oral health education on what the general health, and basic concepts included in the curriculum in primary schools and 8 years old.
- Transformation of the school dental cabinet dental prevention center.
 - Fluoridation through: use of fluoride toothpastes
- Incentive stock for fluoridation of drinking water for the population of citizens,
- Undertaking of actions for the fluoridation of salt, on a national level.
- Preparation and promoting dietary recommendations for reducing the consumption of sugar daily.

- Complete the legal framework and incentives for smoking restrictions.

Disorders of eating behavior

Recently we hear more often to talk about the death of adolescents (especially females) obsessed due to have a perfect body similar to that of the models.

-Nervous Anorexia is a serious disorder. Its victims can torture myself by fasting, until the death of obsessed by the thought that should be perfectly elegant.

Can you manage to become elegant, but at the same time to suffer seriously (by weakening extreme).

Specific criteria for this disorder are:

1. Display before age 25.
2. Lost of weight at least 25% of the original weight of the body.
3. Denial of disturbance and inability to recognize food needs.
4. A obvious pleasure of losing weight.
5. A desired image on one extreme weakness of the body.
6. There are not other diseases that affect weight loss.
7. There has other affective illness or psychiatric.
8. To enable at least 2 of the following events: disappearance of menstruation-
-soft hairs that cover the body; - the heartbeat of less than 60 stripes;
- Vomiting (which may be aggravated)

Bulimia nerve

Bulimia nerve has some things in common with anorexia, but there are differences. One of these differences is that bulimiket and not lose weight, in fact they are overweight slightly acid. Feel very anxious thinking about this. Like the anorexic, bulimiket often have a greed to eat, especially sweets and salty things. Consume large amounts of carbohydrates in one very short period of time. Then they use a laxative to relieve or to provoke him and vomiting.

Also feeding this disorder is expressed more in females than in males and appears in every period vital, but often at the time of adolescence.

The characteristic features.

1. Episodes recurrent eating in large quantities.
2. Consciousness the manner and amount of eating is abnormal.
3. Fear that there are not capable of stopping to eat.
4. Humor depressed and cvleftesimi of yourself afterwards dining in large quantities.
5. Vomiting of vetemenduar
6. Confidentiality
7. Kompluziv nutrition.
8. The misuse of chemicals used for nausea
9. Exercises gymnastic kompluzive
10. Social underdevelopment

11. social isolation
- 12 .. Lack of supervision
13. Manipullimi of behaviors and competition.

Bulimik person has prolonged periods of food consumption in order to excessive stages and then passes anorexic.

Different needs for food by age.

Teen tends to increase the impact of nutrition on health. During the period of rapid growth, need more teenagers have more energy. Most of them, especially groups with limited financial income, choose relatively inexpensive energy sources, such as a large amount of fat and sugar, which potentially leads to deficiency of micro-nutrients, obesity and dental caries. Nutrition is evident that because of the weak income inequality also results in inequality in health.

In the adult age, the main challenge is to avoid premature death from cardiovascular diseases and cancers. WHO has prepared guidelines to encourage increased physical activity as a regular part of daily life. The aim is to increase daily physical activity, to prevent obesity and reduce the risk of diabetes, heart disease and cerebral insult and promote health and wellbeing. The issue of healthy aging is also a major concern. With decreasing activity levels reduced energy needs, so food consumed by people in the age to go, should be rich in micronutrients, in order to offset what is reduced during food consumption.

Food Pyramid

There is what is known as the food pyramid, which divides foods in 7 groups, where the first group included: meat, fish and eggs. These foods contain 18-20% of protein. We rank second group: milk and its derivatives, which are a good source of high quality protein, but also sources of calcium, phosphorus, vitamins A, B and D. In the third group are: cereals, potatoes and rice, rich in vitamins and proteins. Then rank Legumes like beans, peas, beans, and lentils, which contain vitamins, mineral salts and fats amount of "good". Ranked fifth in the country "fats used for cooking. These help to ensure the production of energy and essential fatty acids. In the last two groups are vegetables and fruits, which are a source of vitamins, mineral salts and fiber food.

Interpretation of data

Children are less onerous in terms of which foods prefer the elections, but it is the duty of parents to ensure the child receives all food like fruits, grains, vegetables, meat, milk and its by-products, etc. The results obtained from the questionnaire highlighted that people should have some necessary conditions for having a good nutritional condition. Conditions for which people need a good nutritional condition are: sufficient food to eat, to meet the nutrient needs, clean water and living conditions, to help prevent disease, to medical care should assist in the prevention and treatment of diseases, knowledge and skills for feeding and caring for themselves. Just this good nutritional condition depends on several factors such as eating the right quantity and diversity of food safe, with good quality to meet our individual nutritional needs.

RESULTS:

During 2012-2013, all children under age 5 years, underweight rate is 18.8%, the growth rate is 34.3% and the rate of fatigue was 3.1% in rural areas. Removing other variables the results showed:

- (1) Comparison with these children under 2 years who are equipped with feeding, children under 2 years of age who are not breastfed are more possible to suffer from malnutrition.
- (2) Children under 2 years of age who are adding more vegetables and fruits are less vulnerable to malnutrition than children who are adding some vegetables and fruit filling over the last 7 days.
- (3) Children under 2 years old with good living conditions, are less likely to suffer from malnutrition than children with normal conditions or bad conditions.
- (4) Children were only made more concessions as regards food I have to eat.
- (5) Children who consume the food before television had a longer duration of the meal offering.
- (6) Children who went to the garden had less "pretentious" for food.

CONCLUSION:

Malnutrition of children under 5 years in rural areas should not be ignored. The main factors that affect child malnutrition include ways of feeding, supplementary food growing, and the conditions in comparison with other children under 2 years.

Economic situation affect the consumption of various foods.

Education of parents affects the way the child nutrition.

Some children do not consume all the food had problems with weight and height.

Very few children receive food appendages.

Children prefer not more nutritious foods.

It is very important duty of parents creation of preferences in children at an early age, but it is also the duty of the health centers to advise mothers about ways of feeding and type of food that should be used.

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