

THE MODIFICATION OF THE FOOD STRUCTURE AND LIFESTYLE AS THE PREVENT MEASURE OF THE OBESITY AMONG ADOLESCENTS IN THE DISCRIT OF VLORA

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Abstract

Introduction: The identification of obesity and overweight in childhood and their management is an important aspect of preventive pediatrics and Public Health in Albania. The knowledges in terms of nutrition play a role in promoting healthy eating in adolescents and have a positive impact on their lifestyle. **Purpose:** To assess the impact of lifestyle and nutritional structure in the spread of obesity among adolescents in the district of Vlora, in order to make possible its prevention. **Methodology:** This is a cross-sectional study, descriptive and analitic. For the data collection was used a structured, self administered questionnaire which is based in EAT questionnaire and Adolescent Health and Development Questionnaire. A representative by 200 adolescents aged between 13-17 years old, which frequented two schools (one public and the other one non-public) in the district of Vlora, was the sample design. The program used for statistical analysis was SAS version 9.1. A p values 0,05 were accepted as statistically significant. **Results:** The adolescents in the district of Vlora perceived themselves 11% overweight, 2% obese and 20% underweight. 68% reported that never weighed, 34% that never performed physical activity. They were more likely to use sweets 42%, 40% of the adolescents used artificial juices and 35% of them fast food. According to the knowledge about eating habits it was observed that only 44% of them thought that skipping breakfast most days and eating a lot of "Junk food" can have an serious effect on the health of young people in their age . The non-public school students manifested more unhealthy behaviors and habits compared with public schools (Chi-Square = 0.0341 p <0:05). By gender, the female students cared more about their body image and they had favorable attitudes than males about the effects that eating habits have on their health (Chi-Square = 0.0151 p <0:05). **Conclusions:** It's important to enrich the educational programs on food structure, healthy eating habits and consequences that obesity and eating style has on human health. The information of young people at an early age is considered the need and the important measure in the prevention of obesity.

Keywords: *obesity, eating habits, district of Vlora, adolescents, food structure.*