42. MEDICAL UNIVERSITY STUDENTS LIFESTYLE AND VALUE OF HEALTH

Katsiaryna M. Surmach[1], Rashina S. Warnakulasuriya Fernando[1], Kalindu C. Henadeerage[1], Thiyangi U. Pitigala Kankanamge Dona[1]

[1] Grodno State Medical University, Grodno, Belarus

BACKGROUND: The risk of cardiovascular diseases (CVD) can be reduced by non-pharmacological approaches. Lifestyle medicine involves evidence-based interventions in physical activity, nutrition, sleep, and stress management. The feasibility of studying CVD risk factors (RFs) in groups of medical students with the development of programmes for the modification of the RFs can improve the health and qualification of medical staff in the future. **Aim:** To evaluate the CVD risk factors in students of different courses at Grodno State Medical University (GrSMU). **METHODS**: An online survey was conducted of 82, 1st and 5th year GrSMU students with their own consent. The questionnaire was based on the 2021 ESC Guidelines on cardiovascular disease prevention. All respondents were divided into two groups: 1 (5th year) and 2 (1st year). The "STATISTICA 10.0" computer programme was applied for investigation (Mann-Whitney test and Pearson χ2). The p-value less than 0.05 was statistically noteworthy. **RESULTS**. The prevalence of the main modifiable RFs in the groups is in Table 1. No significant differences were found in the BMI, target WC in the 2 groups; 7.3% had a non-target BMI and 11% non-target WC; 14.6% of females and 1.2% of males are not aware of CVD heredity (p = 0.03). 83% of both groups ate "fast-food" (burgers, fries, pizza) 2 times a week or daily, the number of 1st year students was 58.5%, and the number of 5th year students – 24.4% (p = 0.005). It was found that 3.7% of students (all respondents were in 5th year) did not consume "fast-food" at all (p = 0.03). 60 out of 82 people ate salty food 2 times a week or daily (73.4%). No differences were found depending on age (course) in the consumption of sweet-drinks. 68% of the surveyed groups of 1 and 5 courses did not drink sweet-drinks or drank them less than 1-2 times a week; on the contrary, 6.1% of respondents drank them daily. 90% of all the students did not eat fish at all; 9.8% ate fish 1-2 times a week. Daily consumption of vegetables/fruits was indicated by 13.4% of students of both courses; 1.2% did not consume vegetables/fruits at all (5th year); 25.6% of students of both courses noted consumption less than 1-2 times per week; no differences were found depending on gender between groups. **CONCLUSIONS**. Medical students have an unhealthy diet: more than 20% of both groups consume "fast-food" everyday, and 90% do not eat fish at all or less than 1-2 times a week; only 13.4% of respondents indicate daily consumption of vegetables and fruits, of which majority are girls.

Table: Cardiovascular Risk Factors and Dietary Habits Among 1st and 5th Year Medical Students at Grodno State Medical University.

Risk factors	Group 1, (n=31)	Group 2, (n=51)
Age, years	21,5±0,56	17,9±0,57*
Body Mass Index (BMI), kg/m^2	22,2 [19,7-23,9]	21,06 [19,5-23,05]
Waist Circumference (WC), cm	72,2 [64,0-77,0]	69,9 [62,0-74,0]
Salty food, weekly/daily, (n,%)	13(15.9%)/ 7 (8,5%)	30(36.8%)/ 10 (12,2%)
"Fast-food", weekly/daily, (n,%)	11(13.4%)/ 9 (11%)	26 (31.7%)/ 22 (26,8%)*
Fish 1-2 times/weekly or more often, (n,%)	3(3,7%)	5(6,1%)
Sweet-drinks, daily, (n,%)	4(4,9%)	1(1,2%)
Fruits/Vegetables, 300 (300) g/day, (n,%)	5(6,1%)	6(7,3%)

Legend: *∴* − *p <0,05,* significant differences between groups.

Key Words: Cardiovascular Risk Factors, medical students, Dietary approach.