The factors determining nutrition of students
Valerij Dobrovolskij

V Dobrovolskij, R Stukas
Institute of Public Health, Faculty of Medicine, Vilnius University, Vilnius, Lithuania
Contact: valerij.dobrovolskij@mf.vu.lt

Background
According to the WHO data, human health greatly depends on lifestyle and nutrition. The period of studies is associated with great mental and physical activeness, which should be compensated by complete nutrition. The beginning of studies relates to a change of residential environment and new habits of nutrition. The aim of the study was to find out the factors which determine students’ nutrition.

Methods
Target population was students of the Lithuanian universities. 1910 questionnaires were distributed and collected; 86 of them were filled in improperly, the 1824 were used in the study. For the assessment of findings on the relation of the independent variables with the dependent variable, the adjusted odds ratio was used. The suitability of the model was assessed by the maximum likelihood chi-square statistics, Cox & Snell determination coefficient, classification table. For diagnostics of logistical regression Cook’s distance, leverage were used. In order to assess multilinearity the variance inflation factor was calculated.

Results and Conclusions
The results of the study showed that living with parents increases the chance of healthy nutrition 2.3 times, if compared with the living in hostels. The chance of healthy nutrition increases 1.5 times for the students that have sufficient physical activeness, if compared with the students that are insufficiently physically active. Sufficient knowledge about nutrition almost 1.5 time increase the chance of healthy nutrition. No statistically significant relation between the sex, bad habits, nature of financing of studies and employment with healthy nutrition has been established.

Key messages:
- Healthy nutrition of the students is determined by residential environment, sufficient physical activeness and good knowledge about nutrition
- The results are useful for health politicians and public health specialists in the development of strategic documents and measures which should improve the nutrition of the students