HYGIENIC EVALUATION OF NUTRITION OF CHILDREN VISITING KINDERGARTEN NO. 195 IN MINSK

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The complex hygienic assessment of the status of nutrition of preschool children is given, the excessive and scarce nature of actual nutrition is revealed. The diets of nutrition of the organized children of the kindergarten № 195 in Minsk are depleted of vitamins A, B1, RR. The content of proteins, fats and carbohydrates is normal. There was a shortage of calcium, an excessive supply of magnesium, iron and phosphorus.

Keywords: nutrition, chemical composition, vitamins, minerals, calorie content.

With the purpose to analyze the availability of the organism of preschool children with the main macro- and micronutrients the diets according to the menu-layouts of the kindergarten No. 195 in Minsk were evaluated. The results were compared with the recommended physiological requirements for energy and nutrients for children aged 3 to 7 years.

We analyzed the data from January 2016 to December 2016 through a study of the menu layouts and cumulative statements. Also the structure of food products as a part of the 10-day menu, was analyzed. The mean values and standard errors of the mean for the main macro- and micronutrients were calculated, as well as the ratio of the obtained data to the normative intervals. The analysis of caloric distribution of the diet for individual meals was carried out.

It was shown that the actual nutrition of pre-school children is not balanced and has both a scarce and an excessive character due to the characteristic irrational structure of food sets, with a shortage of beans, confectionery, milk, meat, vegetables, poultry, fish, juice, cheese and eggs, with excessive consumption of potatoes, cereals, cottage cheese in a preschool institution. Assessment of nutrient intake in comparison with the recommendations adopted in the Republic of Belarus and WHO, indicates the norm of proteins, fats and carbohydrates.

A significant deficit in preschoolers consumption of vitamin A (by 10 %), B1 (by 22 %), PP (by 28 %), and the excess of the physiological requirement of vitamin B2 (by 20 %) and carotene (by 40 %) was revealed.

The consumption of mineral substances is characterized by a pronounced imbalance. Against the backdrop of insufficient intake of calcium (by 14,5 %) there is an excess intake of magnesium (by 12,85 %), iron (by 8 %) and phosphorus (by 28,5 %). The content of potassium in the diet of children is within normal limits.

While assessing the distribution of the caloric content of the diet for individual meals, it was found that there is a discrepancy with the requirements and principles of children's diet, but the distribution of the calorific value of the entire diet was 100 % due to the transition of kcal to other meals.

PSYCHOLOGICAL STATE OF WOMEN WITH NEURO-CIRCULATORY DYSTONIA

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This research contains the analysis of the presence of anxiety in patients with cardiovascular disease. Women with neuro-circulatory dystonia have high levels of trait anxiety, low levels of general condition, activity and mood. Therefore, they need psychological rehabilitation.

Keywords: neuro-circulatory dystonia, cardiovascular dysfunctions, anxiety.

Neuro-circulatory dystonia is a complex of cardiovascular dysfunctions. It develops as the result of violation of neuroendocrine regulation. Cardiovascular dysfunctions can be caused and intensified by acute or chronic stress. Neuro-circulatory dystonia may develop on the background of physical and chemical factors influence, intoxica-tions, physical overload or hypodinamy, wrong feeding, acute and chronic infections etc.

The purpose of the research was to analyze the psychological state in patients with neuro-circulatory dystonia. Psychological state of 19 women (aged 27–50) with neuro-circulatory dystonia has been analyzed in comparison with 19 healthy women.