

ORIGINAL STUDIES

Nutrition, coffee, alcohol consumption in students' life style

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Abstract

Background. The increase of coffee and alcohol consumption, smoking plus obesity associated with stress among young people represent risk factors for their health.

Aims. To estimate the incidence and motivation of coffee and alcohol consumption, smoking habits and physical activity among the students.

Methods. We used an anonymous questionnaire, with 30 questions related to: daily nutrition habits, coffee use, and smoking, the motivation of alcohol consumption, the frequency, occasions and life style. 132 students (66 boys, 66 girls), aged 18-28 years, from the Faculty of Medicine, Computers and Electrotechnics Timișoara were investigated.

Results. The students do not have a regular food timetable (87%), and 53% of them eat three times daily. The majority eat in a hurry and normally fast food. The incidence of coffee consumption was 58.34%, higher in girls (75%) than boys (46.66%). The incidence of smoking was 53.33% in boys and 33.33% in girls. The students are occasional drinkers. Youths drink alcohol to help their shyness, to escape from their own inhibitions and consider it a method of being accepted in a group. The main occasions of alcohol consumption were social events (67%) and going out with friends (61%). Only 10% practised a regular physical activity.

Conclusions. The incidence of risk behavior was increased in students. An educational programme aimed at changing behavior and attitude to coffee, tobacco smoking, alcohol use, physical activity, including nutritional counseling on a healthy diet, may be successful in the primary prevention of related diseases regarding these risk factors.

Keywords: teens, eating habits, alcohol use, motivation.