

## INCIDENCE OF OBESITY AMONG STUDENTS

**Roland Antonić\*, Dragana Ilić Udovičić, Aleksandra Vasić,  
Danijela Damjanović, Kosana Popović, Ivana Jevtić**

<sup>1</sup>Academy of Professional Studies Šabac, Department of Medical and Business-  
Technological Studies, Šabac, Serbia

\*roland.antonice@gmail.com

Obesity is a risk factor for many health disorders and is becoming an increasing health problem in the student population (1, 2). This study aimed to investigate the prevalence of obesity in the student population and the presence of sleep disorders as risk factors for obesity. The examination was conducted during the 2018/2019 year at the Department of Medical and Business-Technological Studies in Sabac. The examined group consisted of 173 students an average age of 22,87±1,68 years. The examinees were given their body mass index and waist circumference, and a questionnaire was used to evaluate their habits. According to the body mass index, 28,57% of the students were already overweight in the first year of study, whereas 10,20% were obese. In the second year of study, 22,92% of the students were overweight, while in the third year of study, the lowest percentage of overweight was 14,47%, and 2,63% obese. The average sleep duration during the day of students was 7,87±0,63 hours, and the presence of sleep disorders was not recorded. A higher incidence of obesity and adiposity was found in male examinees. High-risk waist circumference values were found in 9,20% of male respondents. Obesity was with the highest prevalence in students of the Gastronomy study program. The results show that students need to be educated about obesity and timely diagnosed and treated.

### References

1. Vargas PA, Flores M, Robles E. Sleep quality and body mass index in college students: the role of sleep disturbances. *J Am Coll Health*. 2014;62(8):534-41. doi: 10.1080/07448481.2014.933344.
2. Melton BF, Langdon J, McDaniel T. Sleep trends and college students: Does it connect to obesity? *College student journal*. 2013;47 (3):429–437.

## UČESTALOST GOJAZNOSTI KOD STUDENATA

**Roland Antonić\*, Dragana Ilić Udovičić, Aleksandra Vasić, Danijela Damnjanović, Kosana Popović, Ivana Jevtić**

Akademija strukovnih studija Šabac, Odsek za medicinske i poslovno-tehnološke studije, Šabac, Srbija

\*roland.antonice@gmail.com

Gojaznost predstavlja faktor rizika za mnoge zdravstvene poremećaje, a u studentskoj populaciji postaje sve veći zdravstveni problem (1, 2). Cilj istraživanja bio je da se proveri učestalost gojaznosti među studentskom populacijom i prisustvo poremećaja spavanja kao faktora rizika za nastanak gojaznosti.

Istraživanje je sprovedeno tokom 2018/2019. godine na Odseku za medicinske i poslovno-tehnološke studije u Šapcu. Ispitivanu grupu činilo je ukupno 173 studenta sve tri godine studija, prosečne starosti  $22,87 \pm 1,68$  godina. Ispitanicima su određeni indeks telesne mase i obim struka, a za procenu navika korišćen je upitnik. Prema indeksu telesne mase, ukupno 28,57% studenata prve godine bilo je predgojazno, dok je njih 10,20% bilo gojazno. U drugoj godini 22,92% studenata bilo je predgojazno, dok u trećoj godini je zabeležen najmanji procenat predgojaznih njih 14,47% i 2,63% gojaznih. Prosečno trajanje spavanja studenata je  $7,87 \pm 0,63$  sati dnevno, nije evidentirano prisustvo poremećaja sna. Veća učestalost gojaznosti i predgojaznosti nađena je kod ispitanika muškog pola. Visokorizične vrednosti obima struka registrovane su kod 9,20% muških ispitanika. Gojaznost je najviše prisutna kod studenata studijskog programa Gastronomija. Dobijeni rezultati ukazuju na potrebu edukacije studenata i savremenog dijagnostikovanja i lečenja ove bolesti.

### Literatura

1. Vargas PA, Flores M, Robles E. Sleep quality and body mass index in college students: the role of sleep disturbances. *J Am Coll Health*. 2014;62(8):534-41. doi: 10.1080/07448481.2014.933344.
2. Melton BF, Langdon J, McDaniel T. Sleep trends and college students: Does it connect to obesity? *College student journal*. 2013;47 (3):429-437.