



Healthy nutrition and healthy old age

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When promoting a healthy lifestyle, special attention should be given to the elderly population. Unhealthy eating habits can contribute to the development of some non-communicable diseases in the population

Getting old means significant changes in the vital processes in the human body. This process affects health as well as the psychophysiological state of individuals. Being aware of those processes and managing them is the key to ensure a happy and long life. Healthy nutrition can play a vital role as a preventative measure in reducing prevalence of morbidity and mortality of the elderly.

Raising public awareness of the importance of healthy eating is of great public health importance.

Disorders of nutrition and nutritional behaviour in athletes

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We tried to find out how much the eating habits of athletes involved in a wide range of sport activities have been studied. After looking at the available data we found that there is very limited research data on the subject, although the list of diseases that can be caused by consuming too much or too little vital nutrients is significant. The issue is complicated by the fact that there are no unified norms of consumption of nutrients and they don't take into consideration the different requirements for athletes doing different sports. In athletes who are involved with a sport where weight is a determining factor, in most cases the correction of weight happens without taking into consideration physiological requirements; as a result athletes develop unhealthy eating habits and consequently health problems.

Therefore, our recommendations are:

1. establishing nutritional guidelines for athletes, by individual sport, taking into consideration all relevant factors
2. Work out safe guidelines for weight correction.

Eating disorders – problem and modern challenges

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According to the eating disorder UK charity BEAT, there are around 1.25 million people in the UK affected by an eating disorder. Around 75% of those are female and 25% are male (BEAT,



2017). Eating disorders are important, potentially life-threatening conditions that have a broad impact on individual's emotional and physical health. It can cause development of the severe, complex conditions that can have serious effects on health, productivity and relationships.

Body Image and social media have a big influence on developing an eating disorder. Negative body image includes feelings of anxiety, shame, and self-consciousness and individuals experiencing a high level of body dissatisfaction are more likely to suffer from feelings of depression, isolation, low self-esteem, and eating disorders. Social media may have a big influence on a person's relationship with food.

It is known that healthy eating behaviors are the result of a long process of socialisation and development, learned within the family, subject to peer influences, school knowledge and information obtained through the media.

Danger associated with antibiotics and other veterinary drugs in animal source food

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Georgian legislation prohibits many antibiotics and veterinary drugs, although they are still used in veterinary medicine. In 2017 and 2018 extremely high doses of antibiotics have been reported to be used in some cases. There is no adequate state control or monitoring mechanism of health hazards associated with antibiotics and other veterinary drugs. Measurements have shown that antibiotics from the nitrofurans group are actively used as veterinary drug remedies although they are considered as carcinogens.

Recommendations on the development of a more effective state monitoring and control system, together and revision of relevant information to citizens, have been made.

Factors affecting the biological availability of calcium

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Calcium absorption from food depends not only on the amount consumed, but also on the biological availability.



The bioavailability of calcium refers to the fraction of dietary calcium that is potentially absorbable and the incorporation of the absorbed calcium into bone. Therefore, calcium content of food doesn't guarantee calcium bioavailability.

Various dietary factors can affect calcium bioavailability. Calcium absorption is high from milk and milk products in diet, and they therefore contribute significantly to calcium requirements. A good source of calcium is also mineral water rich in calcium. Unfortunately, because of a decrease in the popularity of milk and milk products among the population due to their high content of saturated fats and cholesterol, milk and milk products consumption is decreasing.

The above factors must be taken into account when considering meeting the population's calcium requirements

Iodine deficiency and malnutrition in preschool children in Georgia

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Background

According to the National Nutrition Research Report of Georgia (2009), pre-school growth rates fall short of the WHO standard. In addition, Georgia is an endemic area of iodine deficiency and children are at high risk of developing endemic goiter.

The purpose of this research was to study iodine deficiency and malnutrition in pre-school children and make an assessment of related health risks.

Iodine deficiency and malnutrition studies were conducted in private and public kindergartens in the Georgian capital city and several regions. The target group consisted of pre-school children (3-6 years), as this contingent was characterized by higher level of food consumption per kilogram body weight and, as a result, higher estimated exposure levels.

The study found no iodine deficiency in pre-school children. However, there was no significant difference between the data of children living in the city and the region. The results of a laboratory study of table salt showed that iodine content was sufficient.

Conclusions: this research has shown that pre-school children nutrition is not balanced and needs to be changed; and although iodine deficiency was not identified as a significant consequence, it is necessary to monitor it regularly to prevent endemic goiter.