

Abstract

Food Choices, Physical Activity, and Prevention of Cardiovascular Diseases in Young Adult Albanians: Assessment of Nutritional Status in University Students and the Risk of Chronic Degenerative Diseases [†]

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Abstract: Objectives: This study aims to evaluate the food intake, physical activity, and risk of cardiovascular diseases among young adult Albanians, considering their nutritional status and lifestyle. As Albania undergoes a transition from a rural to a more westernized society, changes in lifestyle and dietary habits have been observed, leading to an increase in overweight and obesity among adults. Materials and Methods: The study included 120 young adult Albanians (65 males, 55 females) aged 18–27. Body composition, blood pressure, anthropometry, and Body Mass Index (BMI) were measured. A standardized questionnaire on food frequency and physical activity was administered. Results and Findings: The results indicated that males tended to have a higher prevalence of overweight and obesity compared to females. Significant differences were observed in blood pressure levels based on fat mass, waist, and hip circumferences. Obese individuals exhibited higher blood pressure, engaged in less physical activity, and had less healthy eating habits. Moreover, a significant proportion of participants reported irregular meal patterns and inadequate breakfast consumption. Conclusions: The findings highlight the need for interventions targeting proper nutrition and physical activity in young Albanians to mitigate the increasing risk of overweight/obesity and cardiovascular diseases. This study contributes to understanding the nutritional habits and associated health risks in a young adult population undergoing socio-economic changes.

Keywords: food intake; physical activity; Albanians; nutritional status



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Informed Consent Statement: Informed consent was obtained from both parents of the children involved in the study.

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