

Alimentación saludable; ¿qué comen los estudiantes de primer año de medicina de la UABC Tijuana?

Healthy eating; What do eat the freshmen of the UABC Tijuana medicine?

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Resumen

Ser un adulto joven y estudiante universitario es algo complicado porque todavía se depende de la economía de los padres y de los hábitos adquiridos en casa, así que su ingreso a la universidad representa un impacto en su manera de alimentarse. **Objetivo:** conocer y analizar el consumo de alimentos de estudiantes universitarios de medicina **Metodología;** Es un estudio descriptivo que registró el consumo de alimentos durante 7 días y la frecuencia con la que se consumían; el muestreo fue no probabilístico, el análisis de datos se hizo en SPSS 20. **Resultados;** La muestra incluyó a 140 estudiantes, de los cuales 52 % (73) eran mujeres y 48 % (67) eran hombres, con un rango de edad de entre 19 y 31 años, con IMC general de 21.5+/- 2.21 DE. **Discusión y conclusión;** De acuerdo con los resultados, por comer en casa esperaríamos que la comida tuviera un mayor contenido nutricional, pero no es así debido a que no son los alumnos quienes directamente participan en la elaboración de los alimentos.

Palabras clave: alimentación, universitarios, Medicina, jóvenes.

Abstract

Being a young adult and college student is somewhat complicated because still is depends on the economy of parents and acquired habits at home, so entering the University represents an impact on their way of eating. **Objective:** understand and analyze foods of college students of medicine. **Methodology:** it is a descriptive study that recorded consumption of food for 7 days and the frequency with which it is consumed; the sampling was non-probability, data analysis was done in SPSS 20. Results: The sample included 140 students, of which 52% (73) were women and 48% (67) were men, with an age range of between 19 and 31 years old, with general BMI (Body Mass Index) of 21.5 +/-2.21 DE. Discussion and conclusion: according to the results, by eating at home we would expect that the food has a higher nutritional content, but it is not since students are not those directly involved in the food processing.

Key words: feeding, University, medicine, youth.

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Introduction

Being a young adult and college student is tricky since somehow it is linked to the economy of the parents still and the habits acquired in house. The University schedules and staying in it promoted many changes, which include food, meet new colleagues and new standards. For most students it is important to eat, but without considering the quality and combination of foods, in addition to that not everyone is sensitized with the field of nutrition.

It should be noted that healthy eating means to take into account nutrition, this gives energy to keep you well in the hours of study, with good health. If students consider balancing

your food can control their weight and modify it in the short term after modifying their sedentary lifestyle and way of feeding. Ibáñez, et al., (2008), carried out a job with Chilean students and concerned that students and/or young people are interested more by their body image than your nutrition, and some of them show that their diet is not balanced. These authors show that if people change their eating habits, incorporate or increase physical activity, their quality of life would improve in the short and medium term.¹

Luisa Fema, et al., say that it is very important to consider that not having a balanced diet and have inadequate food habits can lead students to present some emotional, endocrine, metabolic disorders, as well as more severe disorders such as heart disease.²

Once young is College and it is preparing to be a professional, you must be graduating with tools and strategies that allow them to be and stay healthy. Healthy eating as such should be a model to transmit to other generations, so must be channelled towards healthy nutrition student, which should be made up of a variety of foods and nutrients.³

The study by Maria Rivera (2006) at the University of Juárez City of Tabasco, found that students typically consume corn-based foods, meat and meat products; less than a quarter of participants reported consuming soft drinks, packaged chips, candy, gum, fast food like hamburgers and hot dogs; only 7.3% reported consuming legumes, fruits and vegetables, milk and 6.8%, their derivatives and huevo.⁴

The study by Rinat Ratner, et al., In Chile (2012) found that many participants do not eat breakfast, others skipped dinner and their food consists of refined flour into cakes, biscuits and fried food, their drinks are carbonated sweet and very occasionally milk. With regard to their consumption of fruits and vegetables, this is far from the recommendation made food guide the Ministry of Health, concluded that college students have an inadequate diet.⁵

Researchers from Spain, Montero and Ubeda (2006) reported in their study that nearly half of respondents (43%) make three meals (breakfast, lunch and dinner) and the remaining incorporated a snack but that this was to fried foods, sweets and sweet drinks, thereby reflecting inadequate food intake, while consuming low frequency fruits, vegetables, salads and fish, giving preference to fried foods and abusing them.⁶

Studies of nutrition and food in general tend to be very complex in any country, since this factor depends on the customs and traditions of nutrients available by geographic area, the soil composition, and style of family life. It is transmitted from generation to generation, although the level of education and household economy as factors that can help counteract poor nutrition is not ruled out. However, Sandra Sumalla, et al., (2013), teaches that graduate students in nutrition participants had a higher intake of protein and fat to the corresponding per serving, as well as lower consumption of carbohydrates and, with respect to micronutrients (consumer chemicals needed in small amounts), are not included in an appropriate manner by men and women. A portion of the study population are Mexicans and their results show that little fiber is ingested, women consume products with cholesterol and fewer vitamins (A, D and folic acid) according to the recommendations for daily intake, on the other hand, men consume adequate amounts of cholesterol, calcium, and iron amounts vitamins.⁷

In Colombia, Fabiola Becerra, et al., (2012) found that participants consuming dairy every day, at higher than recommended for protein rations, while carbohydrates such as grains, tubers, from roots and bananas are in the same situation because they form part of the diet of Colombia. With regard to vegetables and fruits, only consume half of the respondents, this being women, while men consume more egg. The third reported eating at least once a week in the street food prepared with fried foods and consume sweet soft drink two to three times a week. They conclude that a high proportion of the population has poor eating habits, so it is possible to present a statement of malnutrición.⁸

In eating habits, breakfast is considered one of the main meals of the day, so watching the habits of the students is very important. In the study by Karlen, et al., in Argentina (2011) they found that 95% of respondents have the habit of eating breakfast considering it a family habit, but those who do not usually eat breakfast mentioned that is because they have no hunger upon waking. Of those surveyed, only 15% get a quality breakfast, which means that the rations provided by proteins, fats and carbohydrates are appropriate. 63% consumed a breakfast of improved quality (with two food groups) and the rest consumed a breakfast of poor quality (only one food group), so participants concluded that, although they have the habit of breakfast, not necessarily reflect proper nutrition.⁹

In a study by Gisela Ponce, et al., (2011) on obesity students health area UABC Mexicali, it was found that these obese in 92%, and usually eat out hamburgers, hot dogs and pizza. The authors believe that these foods have a high calorific value and low percentage of fiber. This was detected in nursing schools and medicina.¹⁰

The results of the survey ENSANUT (2012) on the nutrition section reports that in adults (20-59 years) population 20 years reflects a national prevalence of overweight: women 73.8% and men 75% while obesity is greater in women than in men. Analysts conclude that obesity and overweight in this population is a health problem Pública.¹¹

The aim of this study is to determine and analyze food consumption based on the Food Guide for the Mexican population, and know the number of meals a day for freshmen of the School of Medicine of the Faculty of Medicine and Psychology UABC.

Methodology

In a descriptive study with students in the second half of 2013 to 2014, they were asked to record their food consumption during the seven days of the week and the frequency with which consumed. The sampling was non probabilistic sample was represented by 140 students, with the inclusion criteria, and be students of second semester. The information is presented in class hours, food intake was classified according to the Food Guide for the Mexican population and participants prepared an analysis of the consumption of food.

Data analysis Excel and SPSS software V20 was performed.

Results

The sample consisted of 140 students: 52% (73) women and 48% (67) men, aged from 19 to 31 years, BMI (body mass index) was 21.52 General +/- 2.21. By classification BMI and from the WHO criteria, the study population has acceptable thinness (17.49-18.49) with 21% women and 3% men, 21% in normal-weight women and 39% men, overweight 4% 3% women and men, and 6% obesity in women and 3% men. It was found that 93.7% of respondents having breakfast at home, 4.1% said they skip breakfast because they are hungry and 2.2% can not afford the time to do it. 86% make at least three meals a day, an

average 9% of two meals and 5% one meal a day with snacks accompanying the hours that no school (candy, cookies, snacks, chocolates and soft drinks sugary).

77.8% consume snack between classes but does not consider as part of their meals, snacks between classes are fruits, sandwiches, cookies, cereal bars trade and tortilla chips. 83% believe that consumes at least a gallon of water a day.

According to the Food Guide for the Mexican population, it was found that the diet of 9.7% is based on the consumption of milk with whole milk, skim milk and yogurt, 9.3% of respondents consume legumes such as beans and lentils prepared in home, 20.77% protein ingested products such as beef, chicken and fish with variations in the amount of fat, classified according to the Food Guide for the Mexican population, 22.3% consume grains and refined grains (commercial cash with added vitamins) and home-cooked oatmeal, rice, bread and tortillas and corn flour.

To classify foods according to the Food Guide for the Mexican population (Table I), it was found that students take breakfast with the basic content of proteins, lipids and carbohydrates steadily, and during classes consume food as are the schedules allow. They mention that there are always going to dinner at his house and buy prepared food in nearby shops depending on your personal economy, with the burritos what they like most.

Most of the food they eat comes from their homes. 9.3% report eating legumes, cereals 25.3%, dairy products 9.7%, 7.06% fruits, meats of all kinds 25.36%, 10.15% and vegetables.

With regard to the intake of animal products, consuming more meat with a moderate amount of fat, secondly high in fat and third with low fat (Figure 1); on the type of fruit, first they consume that contain fiber and low in sugars such as apples, followed by those of high sugar content such as mangoes (Figure 2), concerning free vegetables and controlled use, consume equally and no difference was observed in the intake (Figure 3); cereals and tubers are the most abused containing fat (Figure 4); regarding fat intake shows that 10% are polyunsaturated fat, saturated fat and little monkey Trans (Table I).

You might think that when they eat away from home stop eating nutritious foods, because they depend on the prepared food sold near the university center (burritos, pizza, cakes, tacos, hamburgers, hot dogs and soft drinks sweetened, at least consume twice a week). It is clear that a tour was conducted in the vicinity where they usually go out for food and found that eating choices salads and fruits are few and are out of reach; also considering his schedule starts at 7 in the morning is unlikely to feel desire to eat those foods.

Discussion and Conclusion

In a study at another campus of the same university it found that students in the health area have a high percentage of overweight and obesity. In this study, the population has a BMI surveyed students according to their age and anthropometric characteristics, so it is considered that overweight and obesity are not representative of the population surveyed.

However, natural nutrients are not consumed in adequate amounts of good nutrition. It could be considered that the consumption of legumes is poor and little varied, the same goes for vegetables, fruits and milk. It is considered to have performed this exercise allowed them to reflect on what they eat.

Clearly, eating breakfast at home most of the time at home is also for them to consume food hygiene. They eat out of necessity due to their school schedule, where they have access to more fatty foods and fewer nutrients.

According to the results, to eat at home expect the food had higher nutritional content, such as legumes, cereals, fruits and vegetables, but it is not. However, this is not your responsibility, but who does the cooking at home, so with regard to the selection of foods based on the International Standard concludes that students are fed regularly with foods in their home. Considering that we are one of the countries worldwide with more overweight and obesity, we need to know what are the eating habits of students of any college career because it is the population studies and in the future will form families. Therefore this information is to prepare strategies to improve nutrition at home. This exercise allowed the respondents think about their diet and, as future health professionals, learn strategies on

how to inform the public about food and nutrition, and generate changes in habits and nutrition of the population.

With regard to carbohydrates, students eat breakfast cereals, bread, biscuits and bars at both breakfast and dinner, and eat fruits like banana, apple, guava, peach, blueberry, mango, melon and watermelon. Among vegetables and vegetables that are most frequently consumed lettuce, cucumber, tomato, celery, carrot, peas, squash, green beans, squash, peppers and spinach.

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