



TURKEY

**RECENT SCIENTIFIC DISCOVERIES AND
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INTERNATIONAL ONLINE CONFERENCE**

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Date: 7th May-2026

“Recent scientific discoveries and methodological research”. Collection of scientific papers on materials of the international scientific-practical conference 07.05.2026, Pub. "ICP", Ankara, Turkey, 43 p.

Editor:

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Date: 7th May-2026

HEALTHY NUTRITION AMONG STUDENTS OF THE PUBLIC HEALTH
MEDICAL TECHNICAL COLLEGE OF KOKAND CITY, FERGANA REGION

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Introduction. Rational and balanced nutrition is one of the fundamental determinants of health preservation, harmonious physical development, academic performance, and adaptive capacity among adolescents and young adults. Nutritional habits formed during the student period significantly influence future health outcomes and the risk of developing chronic non-communicable diseases. In recent years, unhealthy dietary behaviors among students have become an increasingly important public health issue worldwide.

The transition from secondary school to professional educational institutions is often accompanied by considerable psycho-emotional stress, changes in lifestyle, irregular daily schedules, and altered eating behaviors. These factors may negatively affect the nutritional status of students, especially female adolescents, who are more vulnerable to dietary imbalance and micronutrient deficiencies. Therefore, identifying nutritional risk factors and assessing the actual dietary patterns of students remain highly relevant issues in preventive medicine and hygiene.

Aim of the Study. The aim of this study was to evaluate the actual nutritional status and dietary behavior of first-year female students enrolled at the Public Health Medical Technical College in Kokand City, Fergana Region.

Materials and Methods. The study was conducted during September–October 2024 at the Kokand City Public Health Medical Technical College. Female students aged 18–19 years participated in the investigation.

The assessment of nutritional status was carried out using questionnaire-based surveys, dietary interviews, and analysis of food consumption patterns. The frequency and structure of food intake, meal regularity, and compliance with recommended nutritional standards were evaluated. Special attention was paid to the adequacy of consumption of major food groups, including proteins, fats, carbohydrates, fresh fruits and vegetables, and micronutrient-rich products.

Results. The analysis demonstrated that the actual nutrition of female students was generally unbalanced and did not fully comply with recommended physiological nutritional requirements. The dietary pattern was characterized by excessive consumption of bakery products, refined carbohydrates, confectionery items, and flour-based foods, combined with insufficient intake of fresh fruits, vegetables, dairy products, and protein-rich foods.

A pronounced deficiency of dietary fiber was identified in approximately 80% of the participants, indicating inadequate consumption of plant-based foods. In addition, excessive intake of saturated fatty acids and cholesterol was observed, while deficiencies in essential proteins, vitamins, and minerals were common. Such nutritional imbalance

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may contribute to metabolic disturbances and increase the risk of alimentary-dependent diseases in the future.

The study also revealed significant differences in dietary structure between weekdays and weekends, reflecting irregular eating habits and unstable meal organization. Many students reported skipping breakfast, consuming meals at irregular times, and relying heavily on fast food and snacks due to limited time and insufficient knowledge regarding healthy nutrition.

Despite these shortcomings, most students demonstrated awareness of the importance of proper nutrition and expressed interest in adopting healthier eating habits. This finding indicates the potential effectiveness of educational interventions aimed at developing health-preserving competencies among students.

Conclusions. The nutritional status of students at the Public Health Medical Technical College in Kokand City is characterized by both quantitative and qualitative dietary deficiencies.

1. The actual nutrition of students cannot be considered optimal, as it is associated with excessive consumption of saturated fats and cholesterol, inadequate intake of proteins, vitamins, and minerals, and significant dietary imbalance, which may contribute to the development of alimentary-related diseases.

2. The major causes of irrational nutritional behavior among students include insufficient knowledge regarding healthy nutrition, inability to effectively organize daily schedules, irregular meal patterns, and unhealthy lifestyle habits.

3. The obtained results highlight the necessity of implementing educational and preventive programs focused on healthy nutrition, lifestyle modification, and the formation of sustainable health-saving competencies among students of medical educational institutions.



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