

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



Correlation analysis between nutritional status and some function-biochemical parameters in physical active and sedentary school-aged children in the region of Skopje

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Introduction: Maintaining a healthy body weight of the young population of school age is very important, both in their physical and mental development. One of the basic requirements for a good child's development is regular sports activity, healthy eating and a balanced diet. The role of nutritionist is to improve nutritional health of youth.

The main objectives of this study are to examine the effects of sports activity in school-age children of 7-14 years old who participated in sport clubs in addition to the regular school physical and health education process on the body's composition, some indicators of the nutrition and functional parameters, and to determinate the correlation of the biochemical and functional parameters between two groups of school children (experimental and control groups).

Method: In this research there were 70 participants, 35 female and 35 male of school-aged children from several primary schools of the central area of the city of Skopje who practice sport in sport clubs beside the regular physical and health education in their schools, and equal number of school-age children of the same age who don't practice sport activities. Correlation is made between experimental and control groups on the following parameters: BMIkg/m², haemoglobin, erythrocytes, and systolic and diastolic blood pressure.

Results: Male school-children with sport's activity have lower value of BMIkg/m² and higher value of Hb in comparison with the control group.

Conclusion: The health effects of regular sports activity are confirmed by the maintenance of normal nutritional (BMIkg/m²) and haematological status (Hb and Er) of school-aged children.

Biography

Aleksandra Leova is Bachelors Degree of Nutrition, Faculty of Technology and Technical Science Veles at the University of Bitola "St.Clement Ohridski", Macedonia. Currently she attends 2nd degree qualification/Master Studies of Food Safety and Quality Management at the Faculty of Technology and Metallurgical Sciences of St.Kiril and Methody in Skopje. After graduating in October 2014, she started working like nutritionist and dietitian in the private polyclinic Center of internal diseases – "Heart" in Skopje where she encounters and works with obese people on a daily basis thus expanding her experience and knowledge of dealing with the problem of obesity. This is her first publication.

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