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Ewaluacja postaw prozdrowotnych studentów wybranych uczelni z Suwałk, Grodna i Lwowa w świetle działań Programu Prozdrowotnego realizowanego w latach 2013-2016

SUMMARY

Health and health hazard issues are becoming more and more crucial in the modern world. Therefore, there is a growing interest in preparing the young generation to become more health-conscious and work actively for the benefit of public health. Being healthy is a complicated process, hence promoting a healthy lifestyle and increasing health awareness is vital as pro-health behaviour is a direct factor that determines one's well-being.

This thesis analyses selected health behaviour patterns of the students from Suwałki, Poland, Grodno, Belarus, and Lviv, Ukraine, as a part of the State School of Higher Professional Education Pro-Health Programme implemented during the years 2013–2016, which was approved on August 27, 2013 by Resolution No. 44/2013 of the Senate Higher Vocational School in Suwalki and by the approval of R-I-002/128/2015 of the Bioethics Committee of the Medical University of Białystok on 04.30.2015 year.

The studies were carried out in three areas – nutrition, physical activity and stress management. The main aim was to analyse and evaluate the knowledge and determine pro-health behaviour of the students from Prof. Edward F. Szczepanik State School of Higher Professional Education in Suwałki, Poland, Yanka Kupala State University of Grodno, Belarus, and Danylo Halytsky Lviv National Medical University, Ukraine. The evaluation was done under the implemented Pro-Health Programme. The studies were focused on the first year students and after 3 years of research a total of 2523 students were evaluated.

The studies were conducted with the use of the online LimeSurvey system under the International Virtual Research Teams operation and with the use of the questionnaire in three languages: Polish, Belarusian and Ukrainian. The results of the research made it possible to: 1) learn about pro-health attitudes of students. 2) The students of the three universities know the rules of healthy eating, but do not use them too conscientiously. Young people from Suwalki declared eating healthily as very good - 41,7%, respondents from Grodno – 25,6%, and respondents from Lviv – 22%. It was determined that the most common factor in the surveyed centers was an increase in value relating to the rules of rational nutrition, which correlated with the level of physical activity of students, and a decrease in the intensity of

stress. 3) The study found that 60,3% students from Suwalki, 45,3% of respondents from Grodno and 67,7% of respondents from Lviv declare that they try to eat healthily, but not always are they successful. The biggest difference among the respondents was the occasional consumption of unhealthy products by students from Grodno, and more frequent than in other groups eating foods recommended by the Pyramid of Healthy Nutrition and Physical Activity and the increased reporting of exposure to stress and sleeping disorder. 4) The implementation of the Pro-Health Programme had a gradual positive impact on physical activity, self-examining and rational diet. It concludes that physical activity of students changed in the analyzed period. The percentage of a group of students from Lviv exercising daily increased to 11,3%. The percentage of students who do not do any exercise from Suwalki remained at 7% and the percentage of young people from Lviv who do exercise several times a week is 50% 5) The results of the surveys confirm that the tasks carried out under the Pro-Health Programme to have a positive influence on the students' health awareness and on pro-health behaviour change. They also indicate they need to be continued.