

# In the Crosshairs: Eating and Fluid Consumption Habits of the Students of the International Bachelor Program at the University of Pécs

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## OBJECTIVES

the International Bachelor program at the University of Pécs, faculty of Health Sciences is a real meeting point, students are coming from 27 countries. The aim is to investigate the eating and fluid consumption habits of students as well as the level of their physical activity, consumption of traditional food. To discover, the connection between the Hungarian style eating and the digestive problems.

## METHODS

A quantitative cross-sectional study was conducted in the fall of 2020 among non-randomly selected students studying in the International Bachelor program of the faculty (n=155). Students completed an online questionnaire that included questions related to their eating and fluid consumption habits, physical activity, cooking habits, raw material sourcing habits. The statistical analysis method was chi-square test ( $p < 0.05$ ).

## RESULTS

At least once a week 72% (n=85) of students choose to prepare traditional meals. 31% (n=48) of the students experienced some kind of digestive complaints after consuming traditional Hungarian food, however, this is not related to the BMI level. The average BMI was 22.2 kg/m<sup>2</sup> however, 23 students had a BMI higher than 25 kg/m<sup>2</sup>, which is 15% of student who are already in the range of overweight. There is a significant relationship between alcohol consumption and caffeinated beverages consumption ( $p = 0.035$ ). After consuming traditional Hungarian foods sometimes 31% (n=48) experienced some kind of digestive complaint. Those who have a more active lifestyle have never or very rarely experienced digestive complaints.

## CONCLUSIONS

Results can be helpful in preparing new incoming international students, how to avoid digestive problems and accommodate better to Hungarian lifestyle. Students from 27 countries and it is clear that they are trying to maintain their own eating traditions. Later a diet club could help for Hungarian dietetic students too for example practice diet counseling and anamnesis in English.

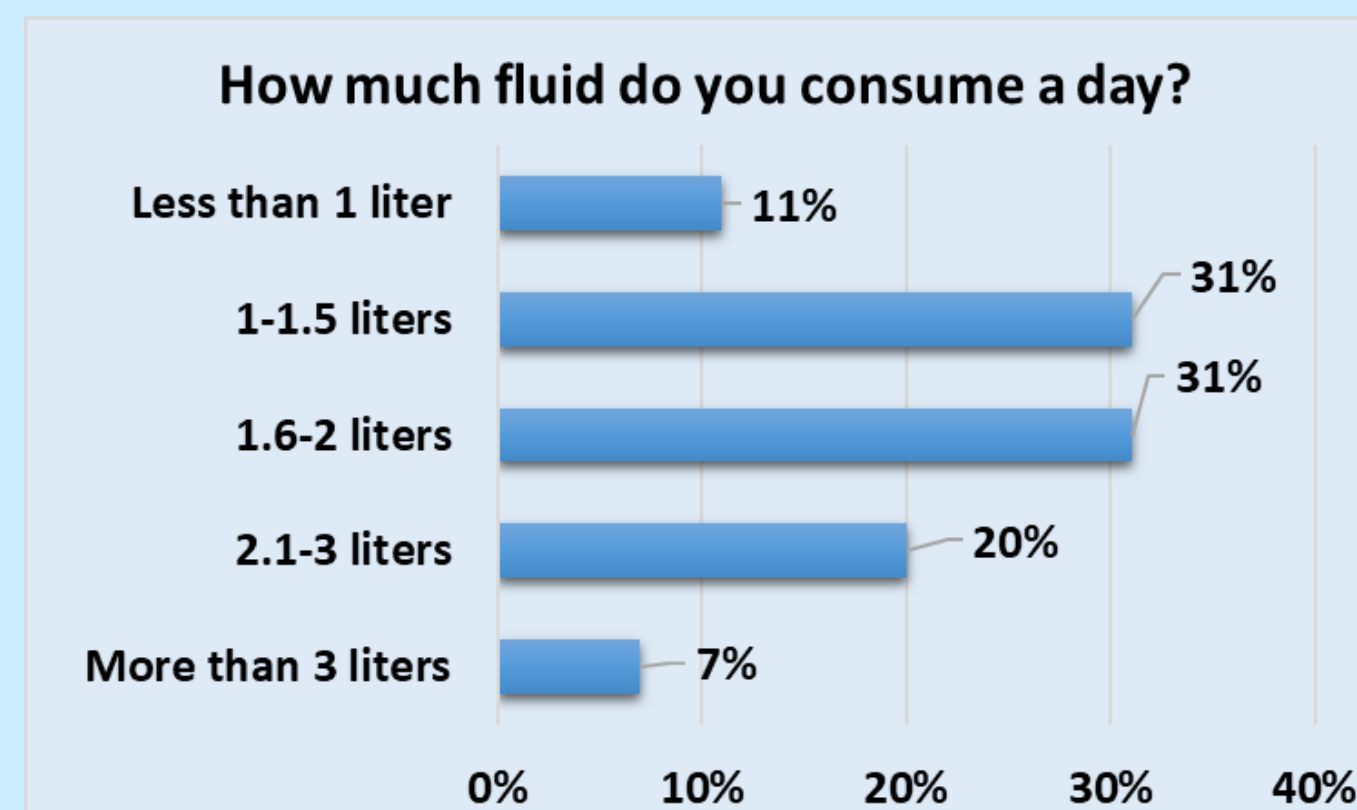


Figure 1.  
*Amount of fluid consumed per day*

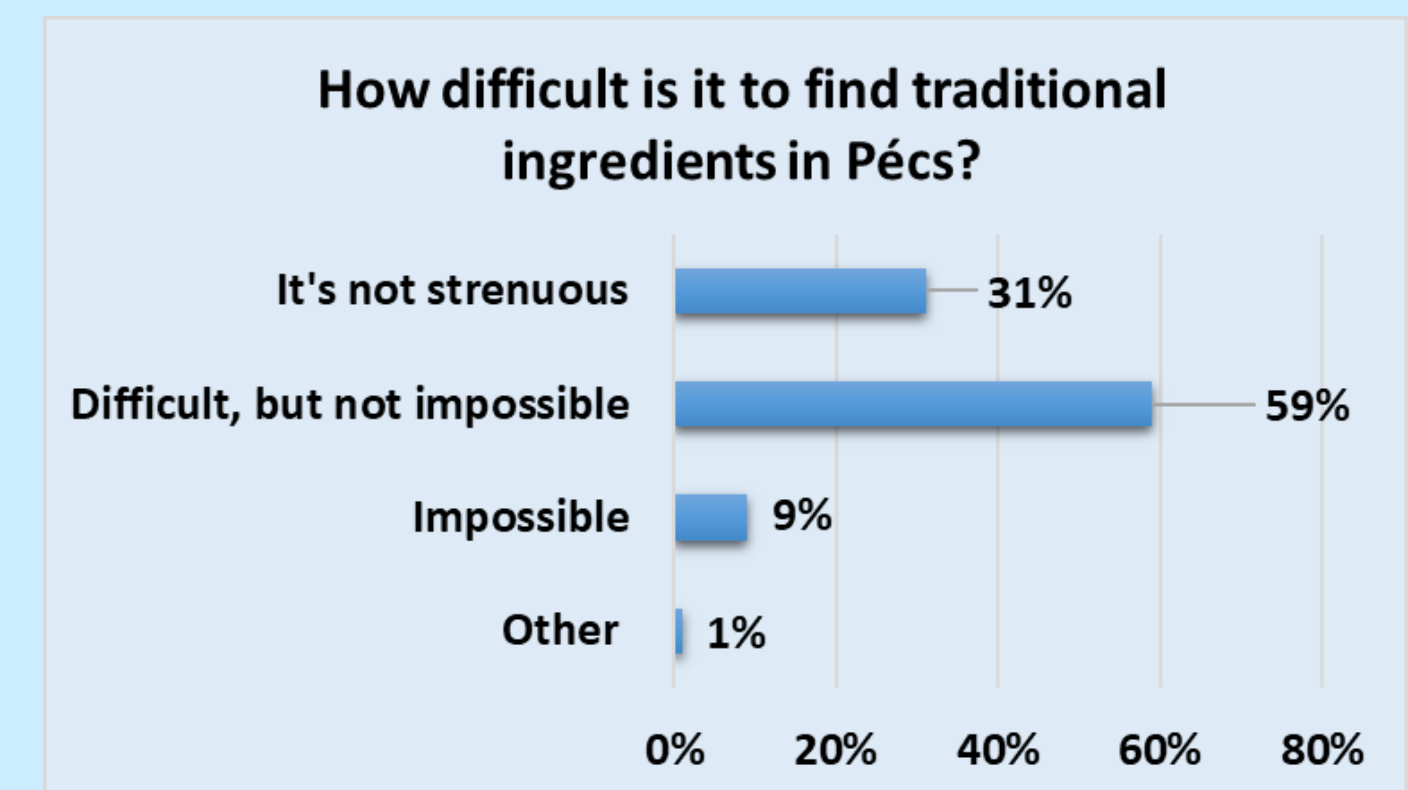


Figure 2.  
*Traditional raw materials shopping habits*

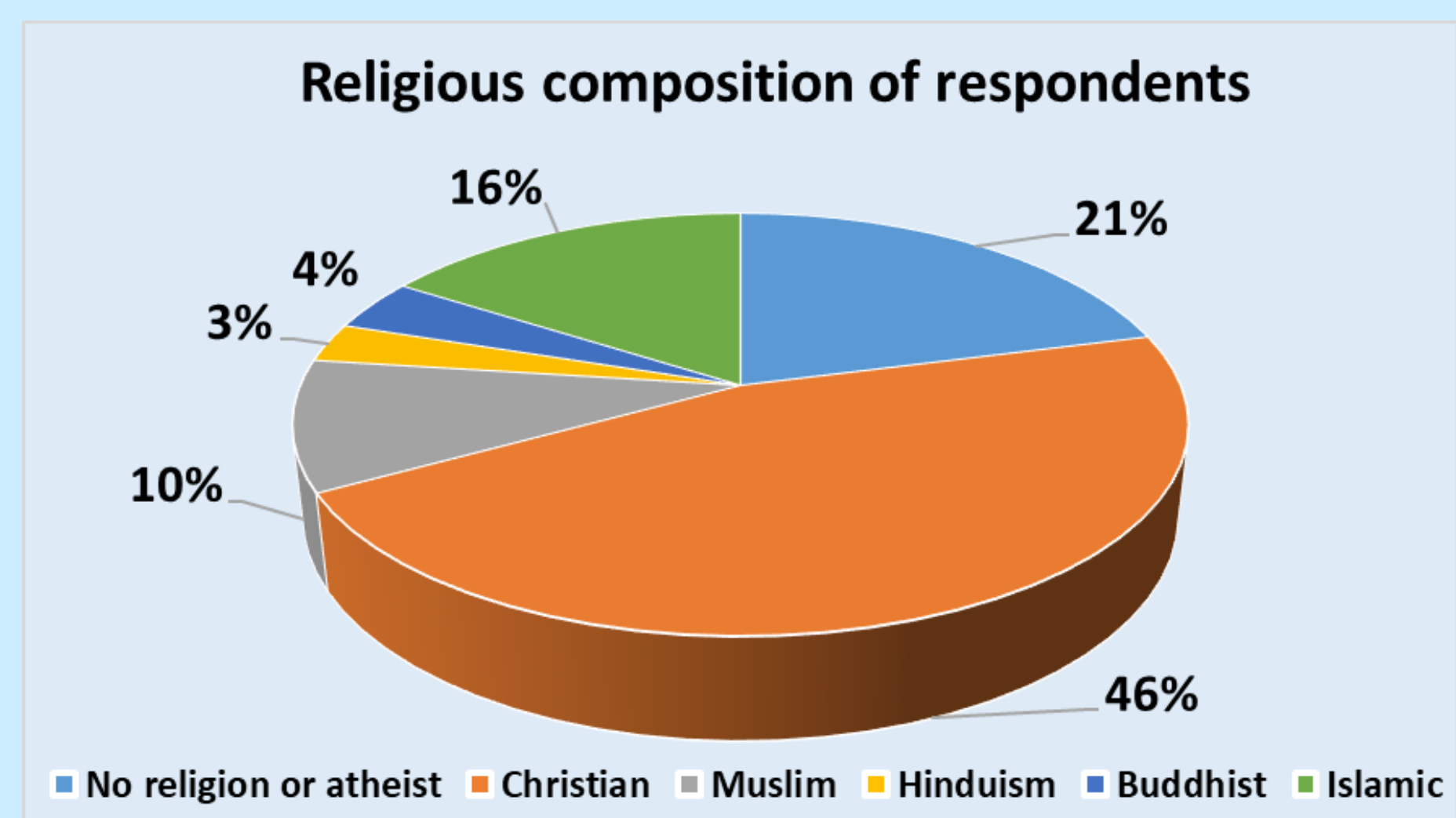


Figure 2.  
*Religious composition of respondents*

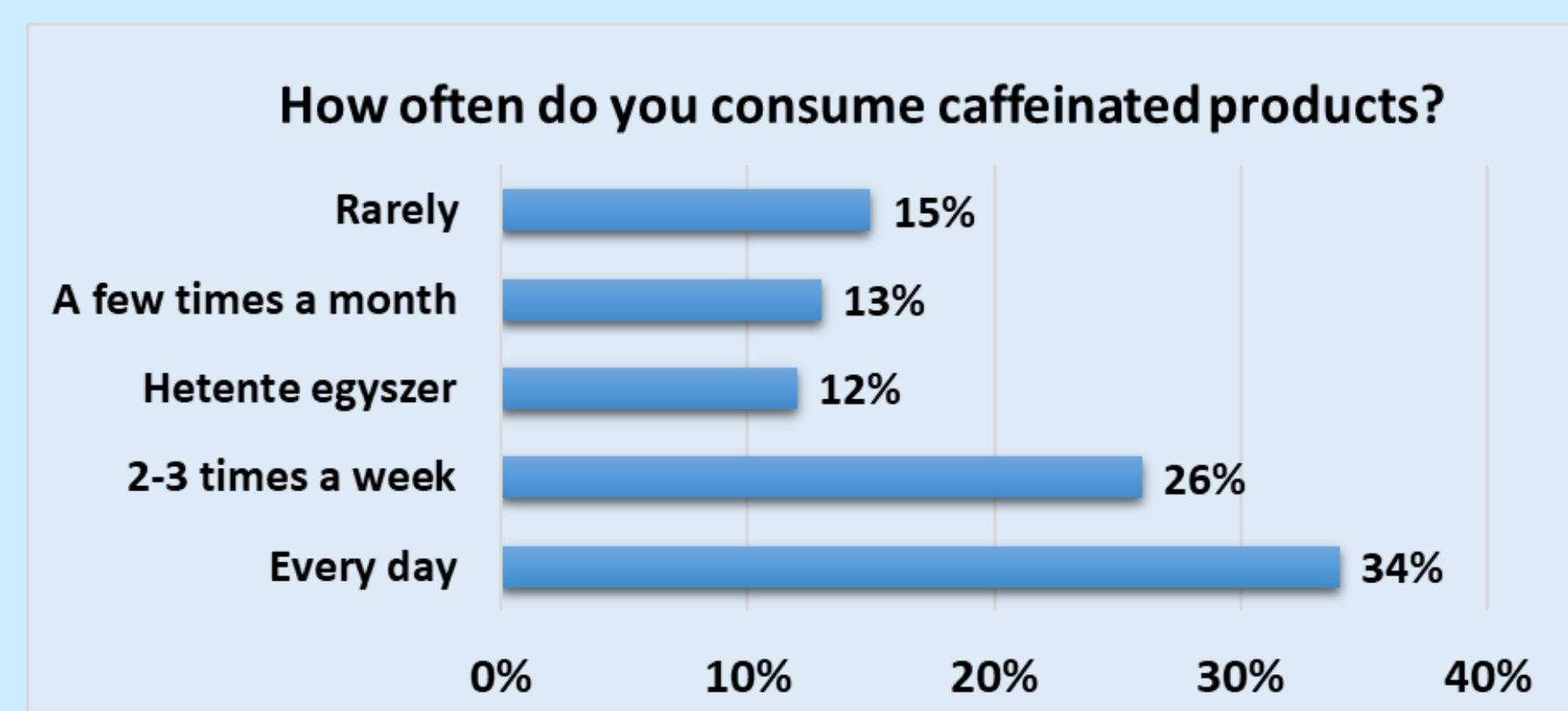


Figure 4.  
*Frequency of consumption of products containing caffeine*

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