Conclusions

Low level of self-assessment and lack of appearance acceptance may lead to disturbances with physical and mental health.

In Poland dietary supplements and nutrients are sold without prescription even in filling stations and supermarkets and we afraid that young people will abuse them to create their figure according to their imagine.

548 THE WAY OF NUTRITION OF POLISH JUNIOR HIGH SCHOOLS PUPILS

doi:10.1136/archdischild-2012-302724.0458

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The proper nutrition is important at every period of human life but particularly in adolescence.

The aim

Estimation of the frequency of regular consumption of particular meals and the characterization of nutritional habits of junior high schools pupils.

Methods

The examinations included 986 students from junior high schools (455 boys and 551 girls) at the mean age 13 years and BMI 19.28±2.85 kg/m² (girls) and 19.90±4.51 kg/m² (boys). An anonymous standardized questionnaire concerning nutritional behaviors was used in the study.

Results

Breakfast was eaten regularly by 71.7% (67.6% girls and 76.3% boys); second breakfast: 36.7% (38.1% girls and 34.5% boys); lunch: 87.8% (84.9% girls and 91.0% boys); desert 22.1% (21.7% girls and 22.3% boys); supper: 73.9% (66.5% girls and 82.8% boys). Basic meals were more often omitted by girls than by boys. 33.6% of girls and 29.0% of boys eat something among the main meals. It should be pointed out that 25% of these young people eat their meals alone. Nearly half of the examined group eat chips, cakes, sweets like Snickers, Mars etc. and drink cola, sprite, pepsi. When pupils were asked about the frequency of fast food consumption 2/5 of them answered “sometimes”. The answer “never” was chosen by 19.1% of girls and 18.2% of boys.

Conclusion

The examined group of pupils showed many nutritional mistakes and the way of nutrition becomes far from traditional Polish pattern and becomes similar to nutritional model present in USA and West Europe.

549 FAMILY FACTORS MODIFYING THE EATING DISORDERS OF YOUNG PEOPLE IN POLAND

doi:10.1136/archdischild-2012-302724.0459

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Background and Aims

The independent predictors of eating disorders model, characteristic of the families whose children suffer from anorexia is to prefer to be “good parents” than marriage ties and close family relationship. In those families the influence of a father on the pre morbidity and the accompanying disease personality of children is underestimated. The role of fathers is especially important during daughters’ adolescence, who need then their full acceptance. The aim of the study: is there a relationship between age and education of parents and behaviors that may precede the incidence of anorexia.

Methods

1050 middle school students (13±8 year old girl) from Poland, have been examined using anonymous standardized

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Arch Dis Child 2012;97(Suppl 2):A1–A539