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Monica Tarcea

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Objectives: The objective of the study is to estimate the relationship between socio-demographic characteristics of Romanian population, and their knowledge towards dietary risks.

Methods: We used a convenient cross-sectional survey, and the data were collected using a validated questionnaire, disseminated online. Six different Romanian counties with 57 cities were selected in 2016, with 670 participants, and we used the SPSS program 22.0 for statistical purpose. The same questionnaire was applied in other seven European countries as part of an international project design.

Results: 7KH NQRZOHGJH DERXW GLHWDU\ ¿ EUHV LQWD ZDV WKH LQJHVWLRQ RI IRRGV ULFK LQ ¿ EUH IUXLW ZRPHQ DJUHH VLJQL¿FDQWO\ PRUH IUHTXHQW WKDW RU WUHDW GLVHVDVHV 8] S U D GLVHVDVHV WKDW ¿ EUHV FDQ SUHYHQW DQG RU WUH cancer, breast cancer, constipation, and diabetes, but with no differences regarding the GH¿FLHQF\ RI YLWDPLQV DQG PLQHDOV S R differences observed by countries, the highest fruit consumption was found for Portugal (11.7 portions per week), while the lowest was for Hungary (7.4) and Latvia (7.1). Turkey, that had the highest interest for food labelling (4.0 points), contrarily to Macedonia (3.0) with the lowest value, and Hungary with 3.6 points. The in-depth analysis of factors that DUH DEOH WR LQÁXHGH (XURSHDQV¶ NQRZOHGJH I WKH VRFLDO SUR¿OH RI WKH UHVSRRGHQWV ZLWK L females, with at least high school education, that considers internet and television like PDLQ VRXUFHV RI LQIRUPDWLRQ UHJDUGLQJ ¿ EUHV

Conclusions: %DVHG RQ RXU UHVXOWV ZH FDQ HODE school intervention programs, more focused on modern information technology and FRPPXQLFDWLRQ VNLOOV ¿ W WR WKH FRQVXPXU¶V behavior and proper knowledge.

Biography

Monica Tarcea is the Professor in the Department of community Nutrition and Food Safety in the University of Medicine and Pharmacy Tirgu Mures and also Hygiene Discipline (between 1994-2012). She organized 20 Post-graduate courses for Physicians, Nurses, Chemists and Biologists, regarding nutrition, food safety, environment hazards, water and air quality, reproductive health and life style management. She is Member of Romanian Public Health Association and EUPHA, Romanian Society of Behavioral Medicine and ISBM, Healthy Nutrition Foundation, Romanian Nutrition and Dietetics Association (ARoND), Romanian Hygiene Society, Romanian Society for School Physicians, also in Editorial Committee of Hygiene and Public Health Journal and Journal of Obesity and Eating Disorders.

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