

NAZIV DISERTACIJE: UČESTALOST FAKTORA RIZIKA MASOVNIH NEZARAZNIH BOLESTI KOD STUDENTSKE POPULACIJE UNIVERZITETA U ZENICI**Autor:** Adnan Mujezinović**Mentor:** Prof. dr. Fatima Jusupović**Datum odbrane:** 14.07.2017.**DOI:** <https://doi.org/10.17532/DD.2017.01>**SAŽETAK**

Doktorska disertacija pod nazivom „Učestalost faktora rizika masovnih nezaraznih bolesti studentske populacije Univerziteta u Zenici“ imala je za cilj da prikaže učestalost prisustva faktora rizika za masovne nezarazne bolesti studentske populacije te na osnovu tih podataka da ponudi preventivni program koji bi imao za cilj smanjenje prisustva faktora rizika. Doktorska disertacija predstavlja presječnu studiju. Istraživanje je rađeno na uzorku od 600 studenata Univerziteta u Zenici. Istraživanje je sprovedeno na osam fakulteta Univerziteta u Zenici u periodu od 01. 12. 2016. do 15. 02. 2017. godine u akademskoj 2016/2017. Kriterij uključenja bili su da je ispitanik student nekog od fakulteta koji je članica Univerziteta u Zenici te da je dobne skupine od 19 do 29 godina. Istraživanje je sprovedeno putem modifikovane STEPwise ankete koju je razvila Svjetska zdravstvena organizacija u cilju prikupljanja podataka o učestalosti faktora rizika. Od svih dobrovoljno anketiranih ispitanika uzete su antropometrijske mjere: tjelesna težina, tjelesna visina te obima struka. Iz dobijenih antropometrijskih parametara računali smo body mass index (BMI) za svakog ispitanika. Dobijeni rezultati pokazali su prisustvo faktora rizika unutar studentske populacije Univerziteta u Zenici. Najzastupljeniji faktor rizika unutar studentske populacije Univerziteta u Zenici je nedovoljno konzumiranje povrća koji je prisutan kod 64% studenata. Ovaj faktor rizika zajedno sa nedovoljnim konzumiranjem voća te s prevelikim unosom procesuirane hrane koja je slana i prevelikim unosom soli navodi na zaključak da je vodeći faktor rizika kod studenata nepravilna prehrana. Učestalost faktora rizika za masovna nezarazna oboljenja kod studentske populacije Univerziteta u Zenici je evidentna. Duhan konzumira 46,9% ispitanika muškog spola i 53,1% ispitanika ženskog spola, a alkohol konzumira 70,2% ispitanika muškog i 37,7% ispitanika ženskog spola. Preventivne mjere koje imaju za cilj smanjenje učestalosti faktora rizika studentske populacije u Zenici predstavljene su kroz model sastavljen od dva nivoa: strateški nivo koji definiše aktere, akcije, pravce i očekivane rezultate i taktički nivo koji prikazuje interventne aktivnosti na nivou Univerziteta. Kontinuirana angažiranost u edukaciji i promocija zdravih stilova života u svim dobnim skupinama, od obdaništu do fakulteta i drugih obrazovnih institucija, ključna je u smanjenju učestalosti faktora rizika za masovne nezarazne bolesti.

Ključne riječi: faktori rizika, masovne nezarazne bolesti, studentska populacija

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Doctoral dissertation entitled "The incidence of risk factors for non-communicable diseases of the student population of the University of Zenica" was intended to show the frequency of the presence of risk factors for mass noncommunicable diseases student population and on the basis of this data to offer a prevention program which would be aimed at reducing the presence of risk factors. Doctoral dissertation is a cross sectional study. The research was performed on a sample of 600 students of the University. The study was conducted at eight faculties of the University of Zenica in the period from 01.12.2016. to 15.02.2017. in the academic 2016/2017. The criteria of inclusion were that the respondent is a student of a college that is a member of the University of Zenica, and that the age group of 19-29 years of age. The research was conducted through a modified STEPwise survey developed by the World Health Organization in order to collect data on the prevalence of risk factors. Of all respondents voluntarily polled were taken the anthropometric measures- body weight, body height and waist circumference. From obtained anthropometric parameters were counted body mass index (BMI) for each subject. The results showed the presence of risk factors within the student population of the University of Zenica. Most common risk factor in the student population of the University was insufficient consumption of vegetables, present in 64% of students. This risk factor together with insufficient consumption of fruit and with excessive intake of processed food that is salty and too much salt intake leads to the conclusion that the leading risk factor among the students of poor nutrition. The frequency of risk factors for mass non communicable diseases among the student population of the University of Zenica is evident. Tobacco consumed 46,9% of males and 53,1% of female respondents and alcohol consumed 70,2% of male and 37,7% of female sex. Preventive measures aimed at reducing the incidence of risk factors of the student population in Zenica presented in a model consisting of two levels: strategic level which defines the actors, actions, directions and expected results and tactical level that shows the intervention activities at the University level. Continuous involvement in education and promotion of healthy lifestyles at all ages, from kindergarten to University and other educational institutions, is essential in reducing the prevalence of risk factors for mass noncommunicable diseases.

Keywords: risk factors, mass non-communicable diseases, the student population