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ABSTRACT

Andrianos Papadimas: Dietary Habits, Knowledge and Attitude of students of secondary education to Healthy Eating and Physical Activity in Municipality of Epirus

(With the supervision of Apostolos Stergioulas, Professor)

The aim of the present study is to detect the dietary habits of students between 13 and 18 years old, the knowledge that they have on the healthy eating and the programs of physical activity, their attitude to healthy habits and their participation in athletic activities. 268 students participated in the research of 13 - 18 years from eight provincial elementary schools of Arta and Preveza Municipality of Epirus. The results showed that the children who participated are quite knowledgeable of keeping a healthy diet. A positive correlation does exist between their knowledge of healthy sustenance and healthy dietary habits, and also between the attendance of programs concerning physical activity and healthy dietary habits. It is essential therefore to assess the importance of nutritional education, and its integration to the basic Greek educational system. The collaboration of individual families, school and State (aka Ministry of Education) could contribute to the adoption of ways of healthy sustenance, regarding the students of the country.

Keywords: *dietary habits, students, healthy eating, physical activity*

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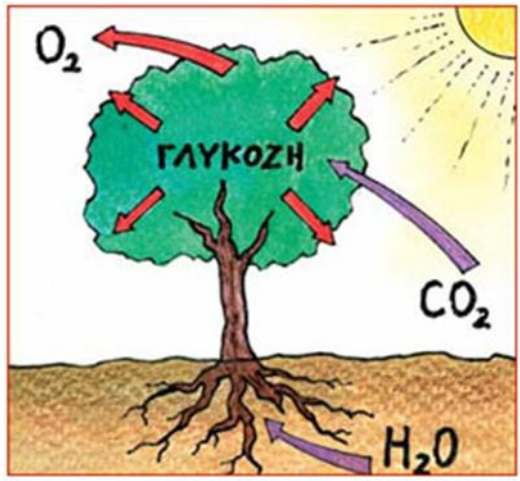
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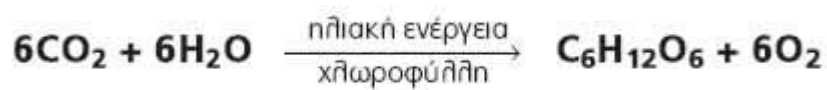
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μ C	mg	60	60
	ug	400	40
μ	mg	1.1	1.5
	mg	1.3	1.7
	mg	15	19
μ B6	mg	1.6	2
μ B12	ug	2.4	2.4
	ug	30-100	30-100
	mg	4-7	4-7
	mg	1000	1000
	mg	800	800
	Ug	15	150
	Mg	15	10
	Mg	320	420
	g	1.5	3
	Mg	12	15
	Ug	55	70
μ	Ug	50-200	50-200
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1. μ /μ μ μ

	(%)
	217 (54.3)
	183 (45.7)
	400 (100.0)

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1: $\chi^2 = 36.24$, $df=4$, $p < 0.001$,

2: $\chi^2 = 34.62$, $df=4$, $p < 0.001$

4: $\chi^2 = 6.54$, $df=1$, $p < 0.001$. μ

μ

3: $\chi^2 = 0.23$, $df=1$, $p > 0.05$.

2.

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	(%)	(%)	(%)	(%)	(%)
1. ;	192 (48)	79 (19.8)	83 (20.8)	42 (10.5)	4 (1)
2. μ ;	185 (46.3)	77 (19.3)	71 (17.8)	55 (13.8)	12 (3.0)

3.

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	(%)	(%)
3. μ ;	45 (11.3)	355 (88.8)
4. () ;	213 (53.3)	187 (46.8)

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, 43.5 %, .174 μ

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157 (39.3 %)

, 314 (78.5 %)

μ μ , 257 (64.3 %)

μ , 174 (43.5 %)

,

251 (62.8 %)

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: $\chi^2 = 19.67$, $df=3$, $p < 0.001$,

: $\chi^2 = 7.87$,

$df=3$, $p < 0.05$,

μ

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: $\chi^2 = 21.39$, $df=3$, $p < 0.001$,

: $\chi^2 = 11.74$, $df=3$,

p<001

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$\chi^2 = 20.74, df=3, p<001.$

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$\mu : \chi^2 = 5.28, df=3, p>0.05.$

4.

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μ	(%)	(%)	(%)	(%)
	62 (15.5)	174 (43.5)	151(37.8)	13 (3.3)
	93 (23.3)	142 (35.5)	157 (39.3)	8 (2.0)
μ	2 (0.5)	21 (5.3)	314 (78.5)	63 (15.8)
μ	65 (16.3)	257 (64.3)	61(15.3)	17 (4.3)
	28 (7.0)	168 (42.0)	174 (43.5)	30 (7.5)
	251 (62.8)	118 (29.5)	22 (5.5)	8 (2.1)

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5.

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μ (84.8 %),

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(89.1 %)

(83.3

%),

(75.7 %)

μ

(69.5%).

5.

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	(, %)	(, %)
/	339 (84.8)	61 (15.2)
/	240 (60)	160 (40)
/	220 (55)	180 (45)
	295 (75.7)	105 (26.3)
μ	278 (69.5)	122 (30.5)
	357 (89.1)	43(10.9)
μ	147 (36.7)	253 (63.3)
	141 (35.2)	259 (64.8)

/	196 (49)	204 (51)
	176 (69)	224 (31)
	333 (83.3)	67 (16.7)
	330 (80.6)	70 (17.4)

μ /
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6. μ (53.4%),
μ , 155 (38.8%)
μ , 156 (39.1 %) μ) μ , 41.6 %,
. μ μ /
μ (F=8.83,
p<0.003).

6. μ /μ μ μ

	(, %)	(, (%))	(%)	, (%)	(%)
	4 (0.7)	61 (15.3)	213 (53.4)	102 (25.6)	20 (5.0)
	21 (5.3)	113 (28.3)	155 (38.8)	98 (24.6)	13 (3.2)
μ	33 (8.0)	116 (29.1)	156 (39.1)	83 (20.8)	12 (3.0)
	27 (6.8)	167(41.6)	138(34.6)	56 (14.0)	12 (3.0)

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μ / (76.4 %) μ μ ,
95 (34.6 %), μ (. 7).

7. μ /μ μ μ
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μ	μ ;	(,%)	(,%)
		305 (76.4)	94 (34.6)

μ

μ /μ μ μ (52.8%)

8. μ 81.7 % μ 95 % μ .

μ μ μ μ μ , 237

, μ μ , μ .

μ μ μ μ μ μ

(μ μ) ²=11. 46, *p*<0.001. μ

8. μ /μ μ μ

μ μ .

μ ?	(,%)	(,%)
μ	211 (52.8)	189 (47.2)
	326 (81.7)	74 (18.3)
μ	139 (34.8)	261(65.2)
	163 (40.9)	237 (59.1)
μ	379 (95.0)	21 (5.0)
	196 (49.1)	204 (51.9)

μ

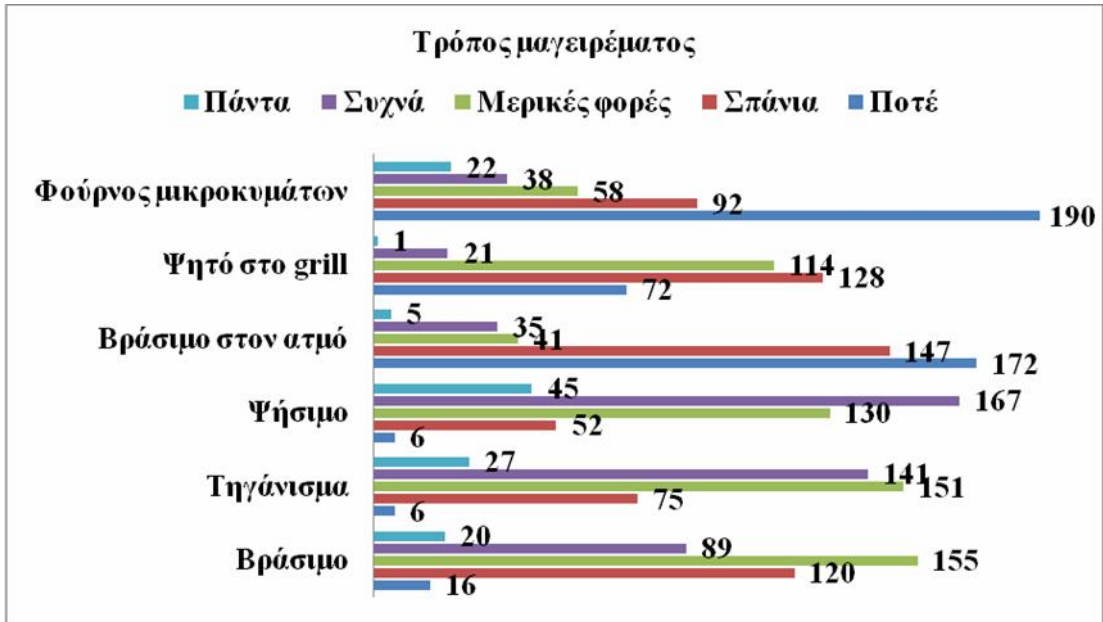
μ μ 1, 155 μ

/ μ μ μ , 128 grill, 172

μ , 167 , 151 μ

155 μ . μ ,

μ .



μ 1. μ /μ μ μ μ
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 μ μ /μ μ μ
 μ 10. μ μ 223
 (55.8 %) μ μ μ ,
 219 (54.8 %) μ , 158 (39.5 %) μ ,
 209 (52.3 %) μ μ , 205 (51.3 %)
 grill 258 μ (64.5 %), μ μ
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10. μ /μ μ μ
 μ μ μ .

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μ	132 (33.0)	223 (55.8)	31(7.8)	10 (2.5)	4 (1.0)
μ	10 (2.5)	18(4.5)	47(11.8)	219(54.8)	106(26.5)
μ	43(10.8)	158(39.5)	138(34.5)	44(11.0)	17(4.2)
μ	209(52.3)	108(27.0)	60(15.0)	15(3.8)	8(2.0)
μ					
grill	26(6.5)	97(24.3)	205(51.3)	55(13.8)	17(4.3)
μ	15(3.8)	27(6.8)	100(25.0)	126(31.5)	132(33.0)

μ μ μ .
μ 11, (340, 85.0 %)
μ / μ μ
, 314 (78.5 %), μ , 246 (61.5 %),
, 310 (77.5 %) μ 312 (78.0 %) , μ .
μ , μ

11. μ /μ μ μ
μ μ μ

μ	(, %)	(, %)
	340 (85.0)	58 (15.0)
μ	314 (78.5)	86 (21.5)
	90 (22.5)	310 (77.5)
	110 (27.5)	290 (72.5)
	246 (61.5)	154 (38.5)
μ	193(48.3)	207(51.7)
	100 (75.0)	300 (25.0)
μ	76 (19.0)	324 (81.0)
	88(22.0)	312(78.0)

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μ 7, « μ μ »). μ

5, (μ 1,

« , μ 7, « »).

12. μ μ μ & μ

	μ	
1. ; μ	4.38	1.65
2. μ ; μ	3.75	1.66
3. ; μ	3.74	1.58
4. μ μ / μ ;	3.48	1.20
5. μ μ ;	4.05	1.38

μ μ

. « μ μ

», F=6.76, p<0.01 . « μ μ

», F=4.89, p<0.01, (. 13).

13.

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		μ	df		F	μ .
. 1	μ	1,998	1	1,998	,729	,394
	μ	1090,000	398	2,739		
		1091,998	399			
. 2	μ	18,372	1	18,372	6,757	,010
	μ	1082,125	398	2,719		
		1100,498	399			
. 3	μ	12,193	1	12,193	4,895	,027
	μ	991,304	398	2,491		
		1003,498	399			
. 4	μ	1,781	1	1,781	1,235	,267
	μ	574,096	398	1,442		
		575,878	399			
. 5	μ	,064	1	,064	,033	,855
	μ	767,613	398	1,929		
		767,678	399			

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μ μ , 92.5 % «

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μ μ / μ μ . « μ μ μ μ μ », ($x^2=7.64$, $p<0.02$), « μ μ μ μ μ » ($x^2=6.34$, $p<0.04$) « μ μ μ μ μ » ($x^2=6.33$, $p<0.04$).

13.

μ μ / μ μ μ μ .

	(%)	(%)	(%)
μ μ μ	87.5	4.1	8.5
μ μ μ	64.0	9.3	26.8
μ μ μ μ μ (50-60%)	33.8	15.8	47.8
15% μ μ μ	49.0	10.0	41.0
μ μ μ 30% μ	38.0	23.5	38.5
μ μ μ μ	81.5	9.8	8.8
μ μ μ	72.3	11.8	16.8
μ μ μ μ μ μ μ ,	92.3	4.3	3.4
μ μ μ	92.0	3.8	4.3
μ μ μ	87.0	9.5	3.5
μ μ μ	46.5	20.8	32.8
μ μ μ	85.5	5.5	9.0
μ μ μ μ	78.0	12.5	9.5
μ μ μ μ μ μ μ 30% μ μ μ μ μ μ μ ,	44.8	15.0	40.2
μ μ μ μ μ μ μ	92.5	5.3	2.2

μ	67.0	10.0	23.0
μ	79.5	7.8	12.4
μ	85.0	9.1	5.9

14 μ /
 . 22.0 % (88 μ) «
 μ » 30.8 % (123)
 μ 177 μ (44.3 %) μ
 (.14).

14. μ /μ μ μ
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	(,%)	(,%)	(,%)	(,%)	(,%)
μ	177 (44.3)	69(17.3)	76(19.0)	49(12.3)	29(7.3)
μ μ	75 (18.8)	122 (30.5)	135(33.8)	47(11.8)	21(5.3)
μ 4	46(11.5)	70(17.5)	96(24.0)	143(35.8)	45(11.3)
μ	88(22.0)	123(30.8)	96(24.0)	72(18.0)	21(5.3)
μ μ					
μ μ	43(10.8)	142(35.5)	126(31.5)	63(15.8)	25(6.5)
μ μ	46(11.5)	60(15.0)	101(25.3)	117(29.3)	76(19.0)

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 μ μμ », 30.8 % μ ,
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, μ 13 % «
 μ μ μ μ μ μ » 32.6 %
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 μμ », 31.5 % , μ 12.5 %

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 15 μ μ /
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 μ (70, 17.5 %) μ μ
 μ (6.8 %).

15. μ /μ μ μ

	(, %)	(, %)
	63 (15.8)	112 (28.0)
	7 (1.8)	4 (1.0)
μ	0 (0.0)	1(0.3)
	4 (1.0)	1 (0.3)
	1(0.3)	3 (0.8)
	3(0.8)	27 (6.8)
	0 (0.0)	2(0.5)
	70 (17.5)	3(0.8)
	4(1.0)	0(0.0)
μ	16(4.0)	14(3.5)
	1(0.3)	3 (0.8)
	0(0.0)	1(0.3)
μ	0(0.0)	2(0.5)
μ	0(0.0)	2(0.5)
μ	3(0.8)	15(3.8)
μ	3 (0.8)	9 (2.2)
	4 (1.0)	6 (1.5)
	2 (0.5)	4 (1.0)
	2 (0.5)	8 (2.0)
	183 (100.0)	217 (100.0)

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