THE EFFECT OF NUTRITION AND PHYSICAL ACTIVITY ON THE BODY MASS INDEX OF SCHOOL CHILDREN

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ABSTRACT

Introduction: As a result of the sedentary lifestyle and improper diet, the number of obese children in our country, as well as in the world, is increasing.
Aim: we aimed to determine what has a bigger effect on children's BMI, nutrition or physical activity.
Material and Methods: We used the data from the systematic examinations of children aged 13 and the data from the questionnaire on nutrition and physical activity. Surveys included: body weight and height measurement and BMI determination using percentile charts. Out of 50 subjects (M/F-22/28), 64% had normal BMI, 32% were overweight, and 4% underweight. Boys had a higher BMI (36.3%) than girls (28.5%). In the group of children with excessive body weight, all respondents consumed unhealthy food (pasta, delicatessen and sweets), 44% were engaged in sports, while in the group of normal nutrition subjects, 75% were feed correctly, and 80% were engaged in sports.
Conclusion: Unhealthy food has more effect on the BMI than physical activity. Girls are more motivated and informed about healthy lifestyles.
Keywords: BMI, nutrition, physical activity.

NEW CHALLENGES IN PREVENTION AND DIAGNOSIS OF PERTUSSIS

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ABSTRACT

Introduction: Pertussis is a vaccine-preventable disease (in Montenegro, vaccination at 2, 3, 4, 18 months), however, there is a statistically significant increase in the number of patients worldwide in all age groups.
Aim: to assess the incidence of pertussis in children with persistent cough and their vaccination status.
Material and methods: In the period between 2013-2017, 135 children with a cough longer than 14 days