

Analysis of students of the international program of the Faculty of Health Sciences through the eyes of dietitians - first results

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Introduction: the International Bachelor program at the Faculty of Health Sciences is a real melting pot, students are coming from almost 30 countries.

Objective: the aim is to investigate the eating and fluid consumption habits of students from the international program.

Method: a study was conducted in the fall of 2020 among students they studying of the Faculty, online English-language questionnaire was used (n=155).

Results: 31% (n = 48) of the students experienced some kind of digestive complaints after consuming traditional Hungarian food, however, this is not related to the BMI level of the students ($p > 0.05$). A significant relationship was found between the level of physical activity and the presence of digestive complaints ($p = 0.038$), so the frequency of digestive complaints was lower among students with a more active lifestyle.

Discussion: this is the first research investigating the eating habits of international students in Hungary, those results can be helpful in preparing new incoming international students.

Keywords: eating habits, BMI, University of Pécs, Faculty of Health Sciences, university student