

styles in early childhood in the preservation of mental health.

**Method of work:** As a method of work, used analysis of scientific information related to childhood life styles and its impact on mental health preservation. At the same time, the paper presents the results of the research gained in two primary schools and compares it with other results.

**Results and discussion:** Healthy lifestyles relate to the acquisition of life skills, the way of living, the establishment of an adequate family surroundings and environment, physical activity, healthy nutrition, prevention of injuries, violence and addiction diseases, appropriate education on sexual and reproductive health, inclusiveness and appreciation of diversity, human relationship and need to help others. Research shows that a particularly important impact on the mental health of the child is the virtual world of electronic media, computer games and social networks, which isolates and separates them from real life. Studies in two primary schools in Gračanica on a sample of 2,200 children aged 6-15 show that most of them spend most of their time on the Internet. Similarly, research conducted in Croatia (1489 children aged 11-18) showed that 93% of children have open Facebook profiles, and almost one third of their children spend their free time on the internet. Loss of concentration, anxiety, aggression, depression, apathy, or neglect of school obligations are just some of the symptoms of children long-term living in the virtual world.

**Conclusion:** Healthy lifestyles need to be applied in the second, third and fourth stages of the life cycle of children (age 2-4g, 3-6g and 7-11) with their specific psychosocial crisis where adaptive age can target the mental status of the child towards achievement full physical, mental and social well-being for a lifetime.

**Key words:** mental health, lifestyle, early childhood.

## ZASTUPLJENOST DORUČKA U PREHRANI MEDICINSKIH SESTARA / MEDICINSKIH TEHNIČARA

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### Sažetak

**Uvod:** Važan dio zdravog načina života je provođenje pravilne odnosno zdrave prehrane.. Briga o prehrani nam omogućuje duži, zdraviji i kvalitetniji život.

**Cilj:** Utvrditi kako se prema doručku, kao jednom od segmenata zdrave prehrane odnose sadašnji i budući zdravstveni radnici.

**Ispitanici i metode.** Korišteni su podaci dobiveni analizom anonimne ankete koja je provedena među polaznicima Diplomskog studija sestinstva u Slavonskom Brodu. Pitanja su se odnosila na demografske osobine, vitalne funkcije, ITM, na naviku doručkovanja, te konzumiranje suhomesnatih proizvoda. Ponudeni odgovori u anketi su bili otvorenog i zatvorenog tipa. Kategorijski podatci predstavljani su apsolutnim i relativnim frekvencijama.

**Rezultati:** U analiziranom istraživanju sudjelovalo je 60 ispitanika, 57 (95 %) žena i 3 (5 %) muškaraca. Medijan dobi je 35 godina, urednih su vrijednosti tlaka i BMI, (50 %) doručkuje, ali neredovito, najčešći odabir kruha je pšenični, za 35 (58 %), dnevno pojedju do tri šnite kruha 44 (73 %), a njih 8 (13 %) četiri i više. Trajne ili polutrajne suhomesnate proizvode 30 (50 %) ispitanika jede do dva puta tjedno, a samo 2 (3 %) ispitanika uopće ne jedu te proizvode. Na osnovi istraživanja možemo zaključiti da ispitanici

Diplomskog studija gotovo redovito doručkuju i koriste različite vrste kruha uz suhomesnate proizvode u tolerantnim količinama i dozvoljenim tjednim frekvencijama.

**Ključne riječi:** anketirani, doručak, zdrava prehrana.

## THE PRESENCE OF BREAKFAST IN THE DIET OF NURSES / TECHNICIANS

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### **Abstract**

**Introduction:** Unimportant part of a healthy life style is to carry out proper and healthy eating. Nutrition concerns allow us to have a longer, healthier, and better quality life.

**Goal.** Determine how the present and future health workers work as one of the segments of healthy eating for breakfast.

**Respondents and Methods:** The data obtained by analyzing the anonymous survey was conducted among the participants of the Graduate Study of Sessions in Slavonski Brod. The questions related to demographic characteristics, vital functions, ITM, breakfast habits, and consumption of dry meat products. The responses to the survey were open and closed type. Category data are represented by absolute and relative frequencies.

**The results:** In the analyzed study, 60 participants, 57 (95%) of women and 3 (5%) of men participated. Median age is 35 years, proper values of pressure and BMI, (50%) breakfast, but irregularly, the most common choice of bread is wheat, for 35 (58%), eat up to three breads 44 (73%) daily and 8 (13%) four and more. Permanent or semi-permanent cured meats 30 (50%) of respondents eat twice a week, and only 2 (3%) respondents do not eat these products at all. Based on the research we can conclude that the students of the Graduate Study almost regularly breakfast and use different types of bread with dry meat products intolerant quantities and allowed weekly frequencies.

**Keywords:** interviewed, breakfast, healthy diet.