

ACTIVITIES OF STUDENT SECTION FOR PUBLIC HEALTH  
"ANDRIJA ŠTAMPAR"

Deni Rkman<sup>1</sup>

<sup>1</sup>University of Zagreb, School of Medicine, Šalata 3, 10 000 Zagreb, Croatia  
denirkman@gmail.com

Inspired by the desire to contribute to public health activities among students, educate the community, contribute to society and encourage discussion on various topics in the field of public health, we started with our vision and projects. Our great motivation and inspiration is the character and work of academician Andrija Štampar whose ideas we want to implement in the 21<sup>st</sup> century. National School of Public Health "Andrija Štampar" has recognized our will and desire from the beginning and has fully supported us from the outset.

We have been participating in the international project *Movember* for two years and this year we have organized together with our partners a forum on male infertility where we gave a cross-section of this issue from different perspectives. Vaccination as one of the most current issues of nowadays is the subject of our work. For that reason we have organized the *Vaccination - controversy vs. facts* where we with the help of experts in this field showed the importance and necessity of vaccination for the human population, and pointed out the imprecision and scientific incompetence of the attitudes of the vaccine opponents. We also participated in the expert meeting *Challenges of vaccination in the Republic of Croatia - How to protect public health?* where along with other members of health system we tried to find solutions to the challenges that medicine is facing today. Aware of the importance of preventive action, we have been supporting for two years the international symposium *Štamparovi Dani - Healthy lifestyles* where we participate in public health actions. In the wish to acquaint students of medicine and interested citizens with the way of financing the health system, costs in health care and the fact that each diagnostic test costs, we organized a panel discussion *How much health care cost?*. Within the promotional-preventive program *Healthy University* we organized a forum *Where the project of the University Hospital has gone?* and wanted to investigate what happened with the mentioned project over time and where is one of the strategic goals of the city of Zagreb and the Republic of Croatia. We also organized a panel together with the Student Council of the School of Medicine, University of Zagreb, on the subject of internship – *Physician's internship*. At this forum, we discuss the problem that currently occupies most of medical students. The peak of our activity is the web site *Ask Andrija!*. The project was designed according to the principle "students for students" as the first public health portal for the student population, which as the most healthy population is often neglected within the health system. We also hold lectures in high schools. After our members go through education on sexually transmitted diseases and reproductive health, they come to schools where school population are taught about this important public health issue. By organizing event *Health for Everyone in the 21<sup>st</sup> century - Early detection of breast cancer* we tried to give answers to the issue on this topic and present the current situation in Croatia and the world.

POREMEĆAJI U PREHRANI

Midhat Jašić<sup>1</sup>, Nizama Salihefendić<sup>2</sup>, Muharem Zildžić<sup>3</sup>, Šubarić Drago<sup>4</sup>, Anja Divković<sup>5</sup>

<sup>1</sup>Farmacutski fakultet Univerzitet u Tuzli, <sup>2</sup>Medicinski fakultet, Univerzitet u Tuzli, BiH,

<sup>3</sup>Medicus A Gračanica, BiH,

<sup>4</sup>Sveučilište Josipa Jurja Strossmayera u Osijeku, Prehrambeno-tehnološki fakultet Osijek, Hrvatska

<sup>5</sup>KBC Tuzla

**Sažetak**

Uvod: Nezdrave prehrabene navike kao i poremećaji u prehrani datiraju od davnina, a danas su zbog posljedica na zdravlje postale zabrinjavajuće. Najčešće bolesti koje se tretiraju kao poremećaji u prehrani su anoreksija, bulimija i kaheksija te u novije vrijeme ortoreksija. Osim ovih sve značajnije su „binge eating“, sindrom noćnog prejedanja koji se zbog svojih posljedica mogu klasificirati kao bolesti.

**Cilj i zadatak rada:** Prikupiti i analizirati podatke o vrstama poremećaje u prehrani i njihovoj identifikaciji kao bolesti.

**Rezultati:** Anoreksija i bulimija uz problem gojaznosti predstavljaju ozbiljne i kompleksne poremećaje neuro-psihološkog, bihevioralnog i fiziološkog funkcionisanja organizma pa su se 1980. godine prvi put pojavile u klasifikaciji bolesti DSM – III, kao podvrsta poremećaja djetinjstva i adolescencije. Posljednjih desetljeća sve je više i drugih poremećaja prehrane naročito onih koji povećavaju tjelesnu masu. Nezdrave prehrane navike nastaju usljed jednoličnog, prekomjernog i čestog unosa ali i odricanja hrane. Takve osobe su njačešće pod kroničnim stresom, ne mogu drugačije kontrolirati svoje stanje nego im jedino ostaje da to konpeziraju prehranom. Danas je identificiran čitav niz poremećaja u prehrani koji trebaju dobiti svoju klasifikaciju bolesti kao što su: ortoreksija, bigoreksija, drankoreksija, dijabulimija ali i sindrom noćnog prejedanja, „binge eating“ i druge. Ortoreksija je prisutna kod osoba koje su opsjednute dijetama i zdravom prehranom, bigoreksija se javlja kod osoba koje jedu sastojke za izgradnju mišića, a uobičajeno unose anaboličke steroide. Drunkoreksičari piju alkohol koji im smanjuje potrebe za raznolikom prehranom te se kod njih pojavljuju različite malnutricije. Dijabulimija se javlja kod oboljelih od dijabetesa, a takve osobe sebi uskraćuju inzulin.

**Zaključak:** Nezdrave navike i poremećaji prehrane kao što su: restriktivne dijetete, prejedanje i korištenje tvari koji utiču na kontroliranje tjelesne mase, danas predstavljaju zdravstveni problem. Ove pojave i stanja da bi dobile pravi tretman trebaju biti diferencirane i klasificirane kao bolest. To bi omogućilo bolji pristup liječenju takvih stanja i bolesti.

**Ključne riječi:** poremećaji u prehrani, nezdrave prehrane navike.

## EATING DISORDERS

Midhat Jašić<sup>1</sup>, Nizama Salihefendić<sup>2</sup>, Muharem Zildžić<sup>3</sup>, Šubarić Drago<sup>4</sup>, Anja Divković<sup>5</sup>

<sup>1</sup>Faculty of Pharmacy University of Tuzla,

<sup>2</sup>Medical Faculty, University of Tuzla, BiH,

<sup>3</sup>Medicus A Gračanica, BiH,

<sup>4</sup>Prehranbeno-tehnološki fakultet Sveučilište Josipa Jurja Strossmayera u Osijeku Osijek, Osijek, Hrvatska

<sup>5</sup> KBC Tuzla

coresponding autor: Prof. dr. Midhat Jašić, e-mail: jasic\_midhat@yahoo.com

### Abstract

**Introduction:** Unhealthy eating habits as well as nutritional disorders date back to ancient times, and today due to the effects on health have become worrisome. The most common diseases that are treated as eating disorders are anorexia, bulimia and cachexia, and in recent times is orthorexia. In addition to these, all the more important are “binge eating,” night overeating syndrome that can be classified as a disease due to its consequences.

Goal and task: To collect and analyze data related to types of nutritional disorders and their identification as a disease.

**Results:** Anorexia and bulimia with the problem of obesity are serious and complex disorder of the neuro-psychological, behavioral and physiological functioning of the organism, and in 1980 they first appeared in the classification of DSM-III disease, as a subtype of childhood and adolescent disorders. Over the past decade, more eating disorders are increasing, especially those that increase body mass. Unhealthy eating habits arise due to a uniform, excessive and frequent intake of foods as well renunciation of food. Such persons are the most often under chronic stress, can not control their condition, and only remains it by compensate with eating.

Today, a number of nutritional disorders have been identified and need to be classified like diseases such as orthorexia, bigorexia, drankorexia, diabulimia, but also syndrome night overeating, binge eating and others. Orthorexia is present in people who are obsessed with diets and healthy eating, bigorexia occurs in people who eat ingredients for muscle building, and usually intake anabolic steroids. Drunkorexists alcohol drinking wich reduces the need for diverse nutrition and gives rise to various malnutrition. Diabulimia occurs in people with diabetes, and such people deny themselves insulin.

**Conclusion:** Unhealthy habits and eating disorders such as restrictive diet, overeating and using substances that influence the control of body mass, today present a health problem. These phenomena and conditions to get the right treatment should be differentiated and classified as a disease. This would allow better access to the treatment of such illnesses.

**Key words:** eating disorders, unhealthy eating habits.