



# Nutrition habits in people

TEAM NO-2  
SILENT KILLERS

# Aim of the research

- ▶ Understanding the diet and food habits of common people
- ▶ Trying to make decision about people's wrong nutrition habits
- ▶ Trying to get a general idea of the obesity rate according to BMI(Body Mass Index)
- ▶ In which way the population takes cares of their diet
- ▶ Trying to estimate the nutrition facts and it concern among the people

# Target groups

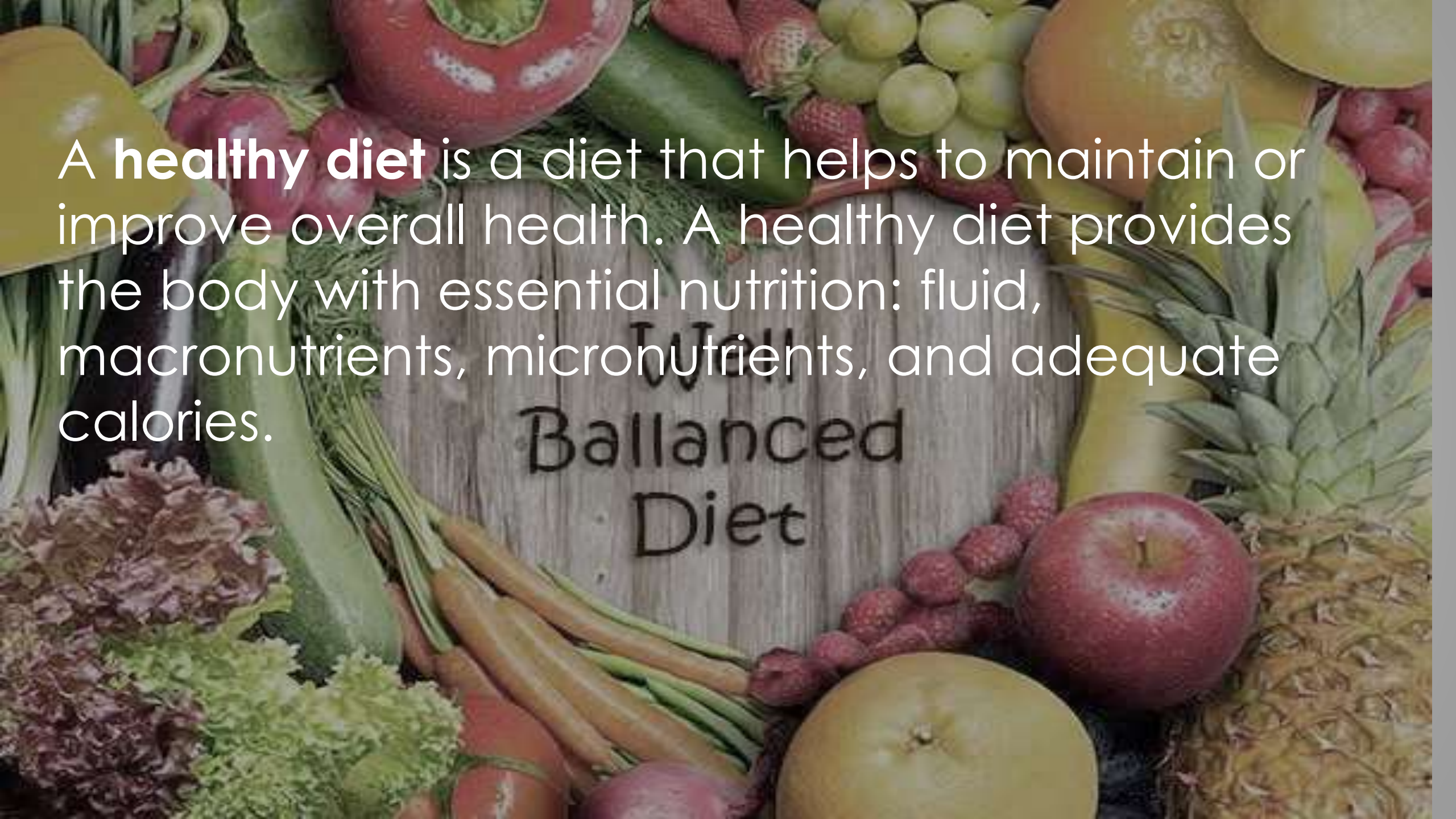
- ▶ Lithuanian people from 18 to 55+ years and the participants in this project.

# Generalities

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

# Nutrition Facts

- ▶ Malnutrition contributes to diseases and early deaths in mothers and children.
- ▶ A key indicator of malnutrition is stunting
- ▶ About 1.5 million children die due to wasting of food.
- ▶ Vitamins and minerals deficiencies are still prevalent worldwide.
- ▶ Undernutrition during pregnancy creates risks.
- ▶ Increased breast feeding could prevent more deaths of children under 5 years.
- ▶ Nutrition is the key spot to detect where the assistance is needed.
- ▶ Policy and intervention of authorities will save more lives.



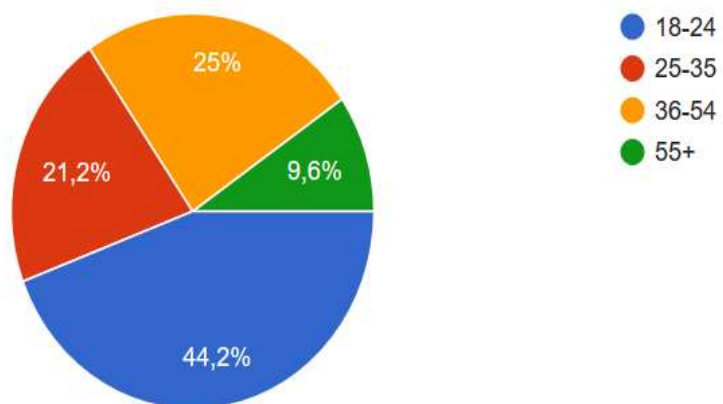
A **healthy diet** is a diet that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition: fluid, macronutrients, micronutrients, and adequate calories.

Well  
Ballanced  
Diet

# Age of the participants

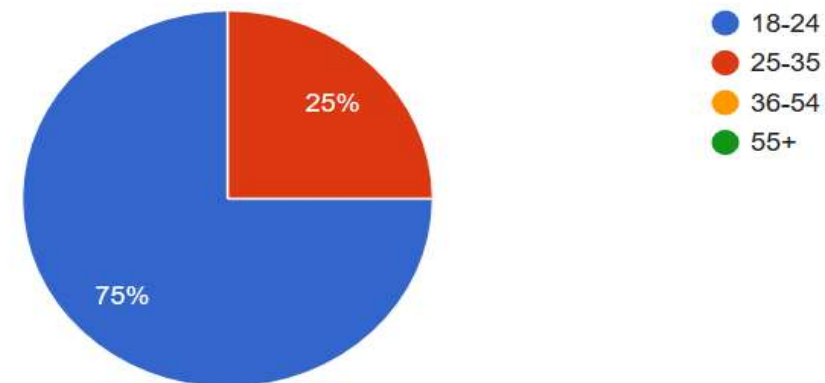
## Age/Amžius

52 atsakymai



## Age

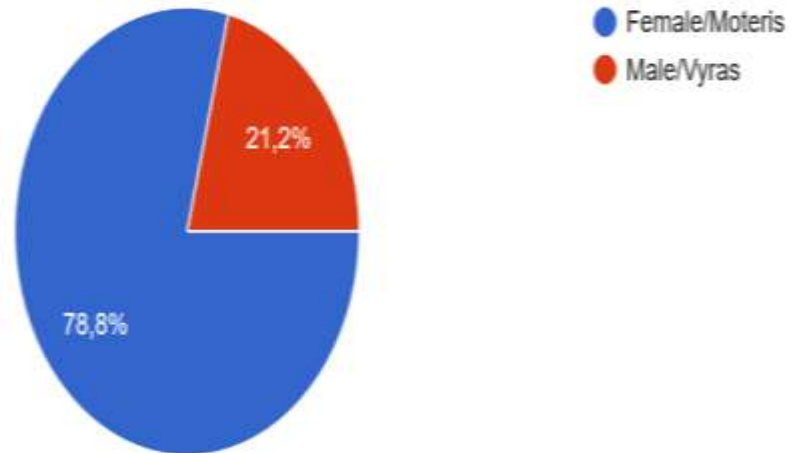
16 atsakymų



# Gender

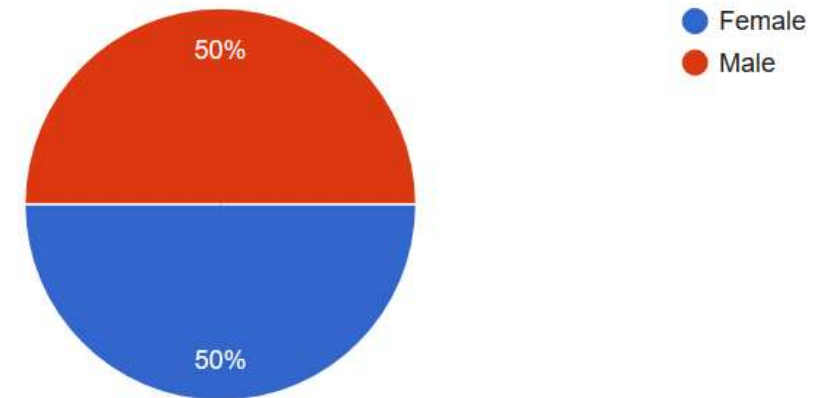
## Gender/Lytis

52 atsakymai



## Gender

16 atsakymų

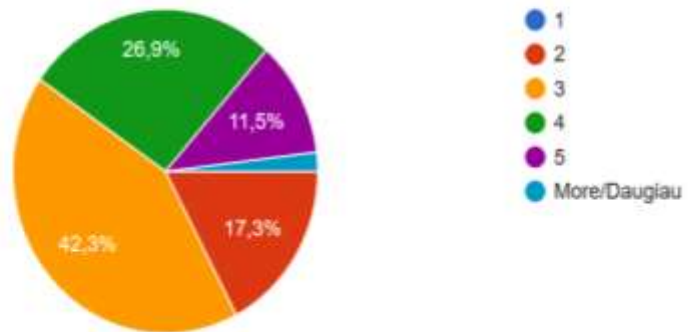




# How many times a day do you eat?

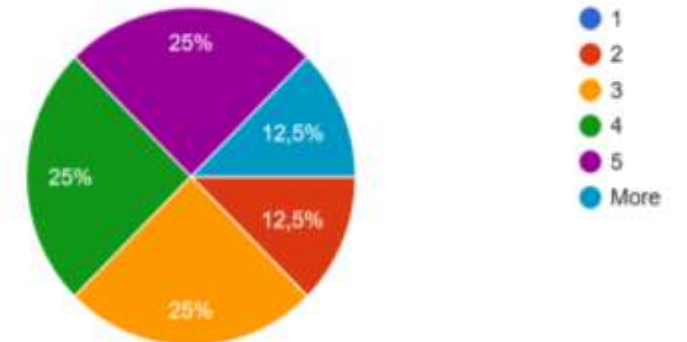
How many times a day do you eat?/Kiek kartų per dieną valgo?

52 atsakymai



How many times a day do you eat?

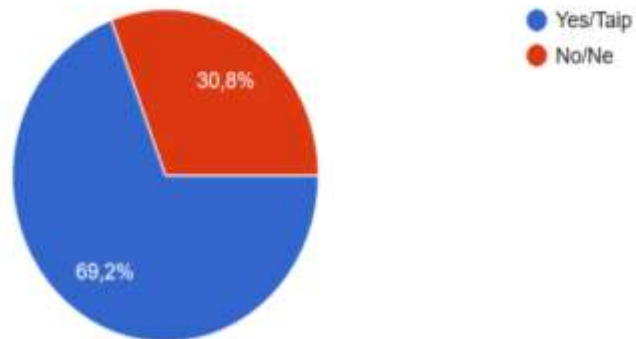
16 atsakymų



# Do you have breakfast everyday?

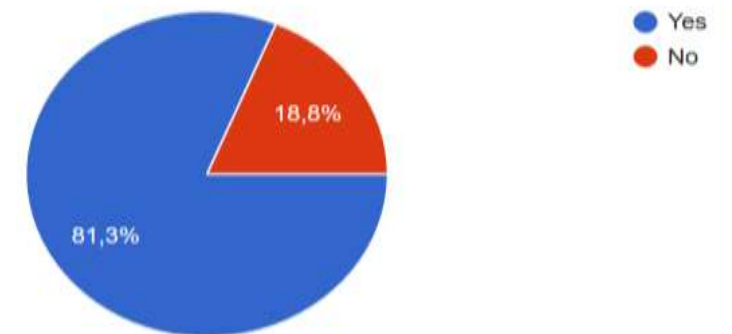
Do you have breakfast everyday?/Ar kasdien valgotė pusryčius ?

52 atsakymai



Do you have breakfast everyday?

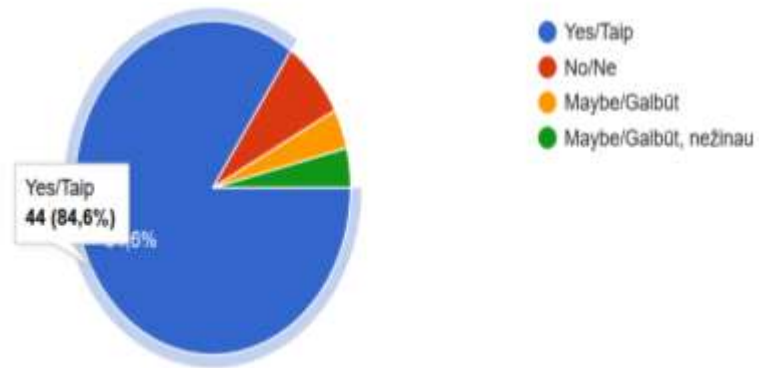
16 atsakymų



# Do you know that breakfast is the most important meal of the day?

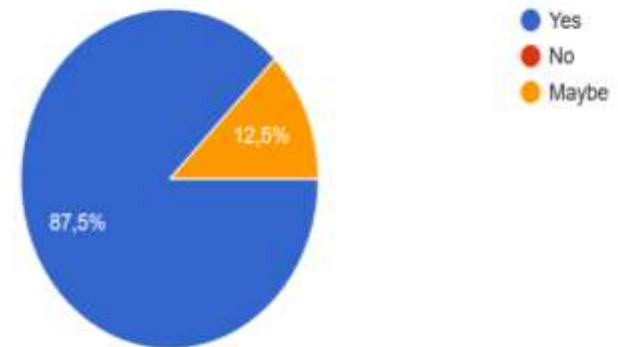
Do you know that breakfast is the most important meal of the day?/Ar žinote, kad pusryčiai pats svarbiausias dienos valgis?

52 atsakymai



Do you know that breakfast is the most important meal of the day

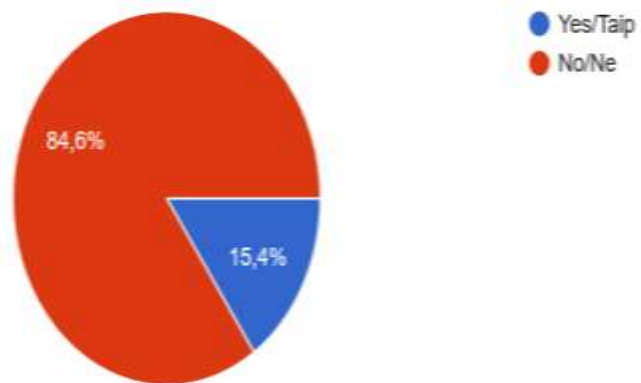
16 atsakymų



# Are you a vegeeterian?

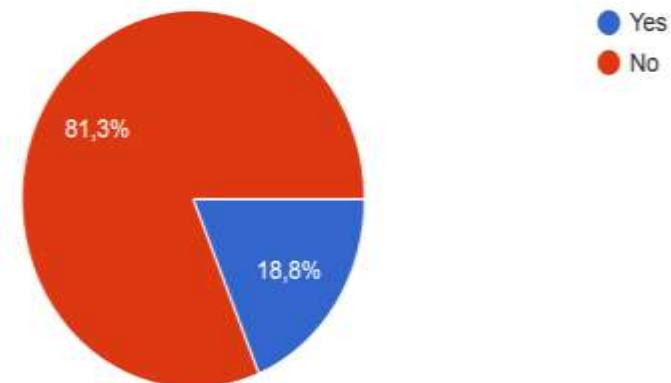
Are you a vegetarian or Non-vegetarian?/ Ar jūs vegetaras ar ne?

52 atsakymai



Are you a vegetarian or Non-vegetarian?

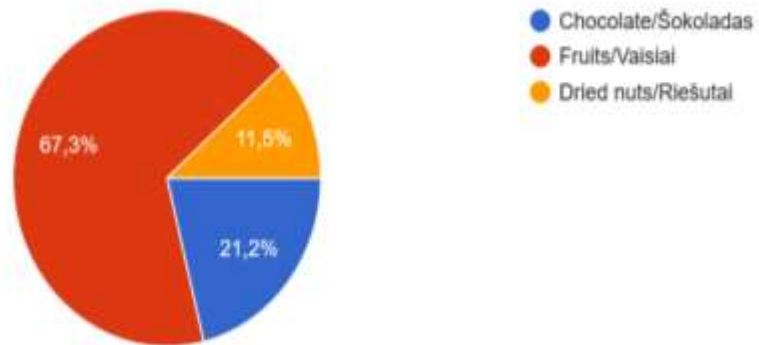
16 atsakymų



# If you are hungry, what would you prefer?

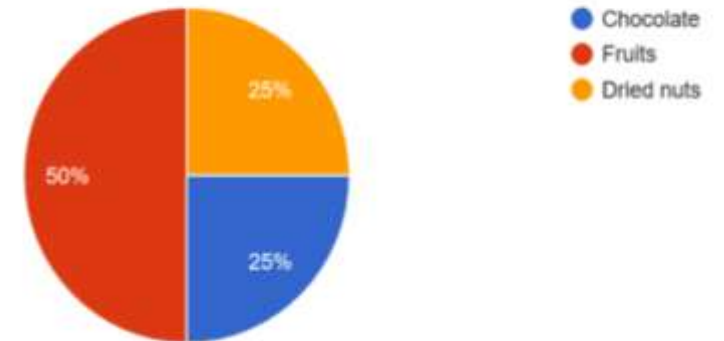
If you are hungry, what would you prefer?/ Jei esate alkanas, kam teikiate pirmenybę?

52 atsakymai



If you are hungry, what would you prefer?

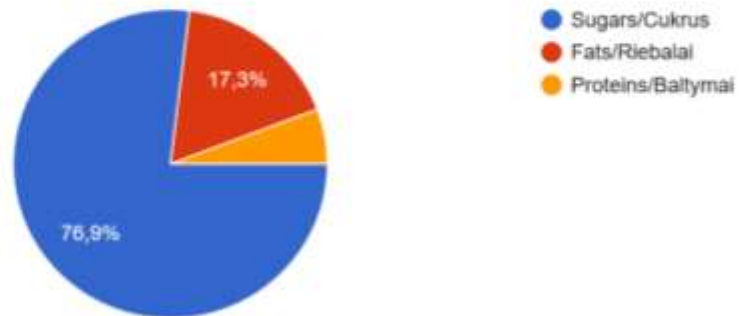
16 atsakymų



# What do you think is more harmful

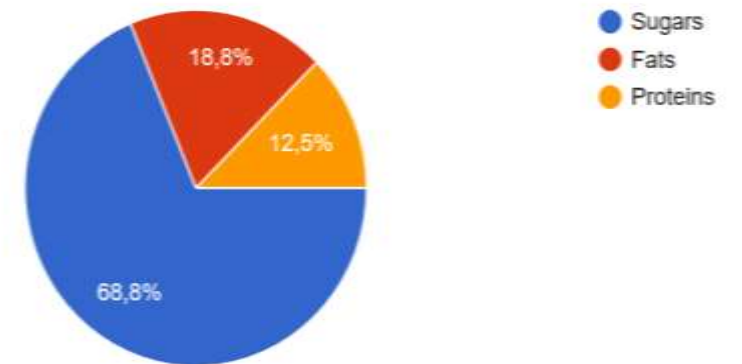
What do you think is more harmful?/Kas jūs manymu yra kenksmingiausias?

52 atsakymai



What do you think is more harmful?

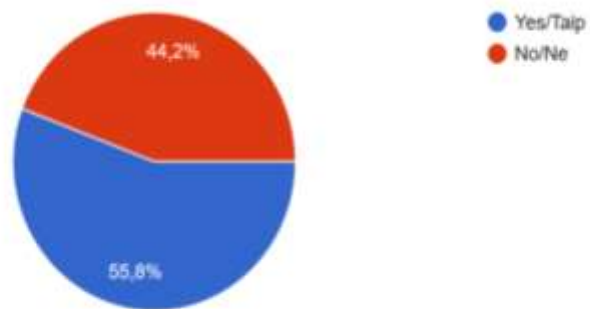
16 atsakymų



# Do you add extra salt to the foods?

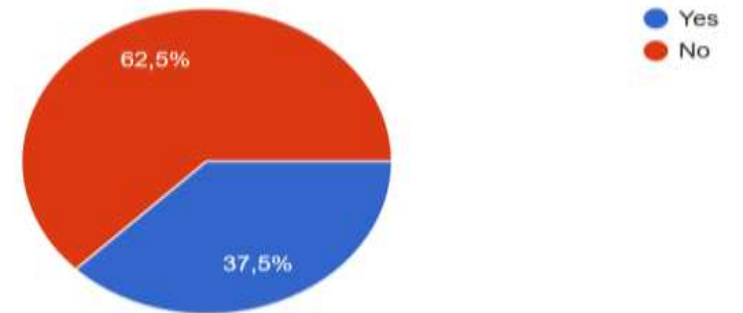
Do you add extra salt to the foods?/Ar dedate papildomai druskos į maistą?

52 atsakymai



Do you add extra salt to the foods?

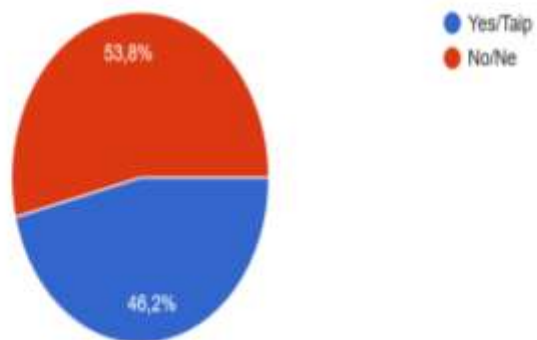
16 atsakymų



# Do you think vegan diet is healthy?

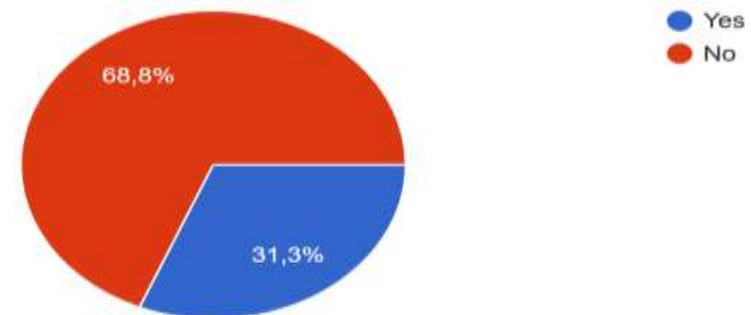
Do you think vegan diet is healthy?/ Ar manote, kad veganiška dieta yra sveika, naudinga organizmui?

52 atsakymai



Do you think vegan diet is healthy?

16 atsakymų

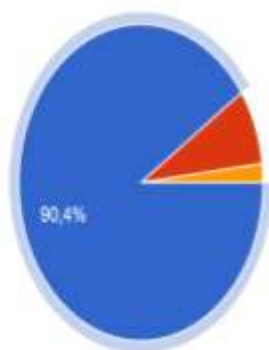




# Dialy food

What does your main meal consist of and how is it prepared?/Iš ko jūsų pagrindinis valgis susideda ir kaip jis pagaminamas, paruošiamas?

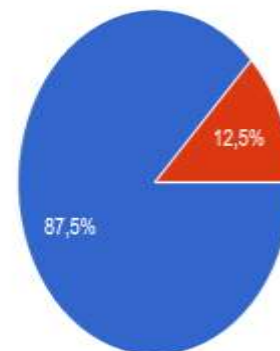
52 atsakymai



- Freshly home-cooked produce/  
Žviežias, namie gamintas
- Restaurant meal/ Restoranų valgiai
- Pre-cooked, microwave or TV  
dinner/ Iš anksto paruoštas maistas (pirkas parduotuvėje)

What does your main meal consist of and how is it prepared?

16 atsakymų

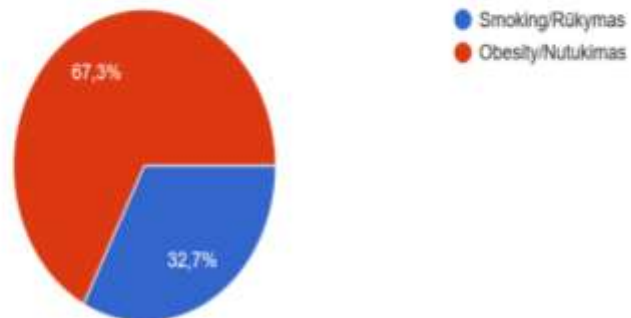


- Freshly home-cooked produce
- Restaurant meal
- Pre-cooked, microwave or TV dinners

# Whick one kills more people actually? actually?

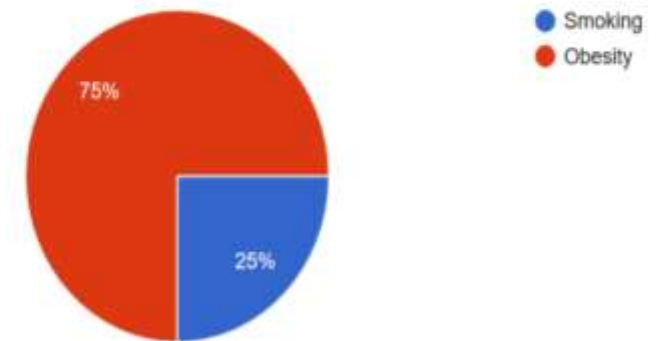
Which one kills more people actually?/Kuris iš veiksnių nužudo žmones daugiausiai?

52 atsakymai



Which one kills more people actually?

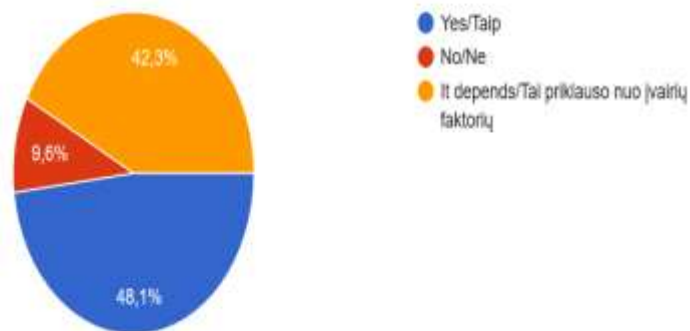
16 atsakymų



# Does the coffee increase the blood pressure?

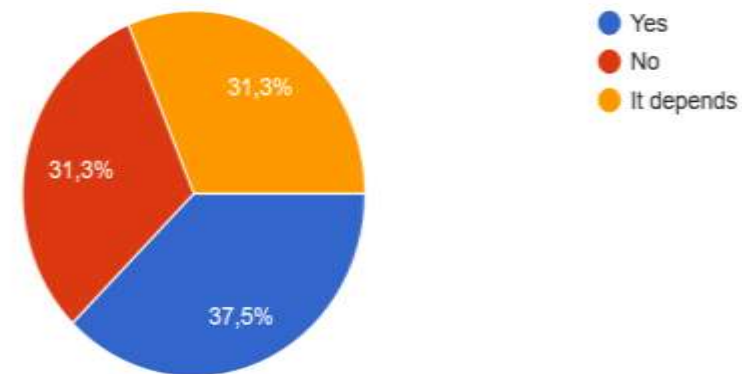
Does the coffee increase the blood pressure?/Ar kava didina kraujo spaudimą?

52 atsakymai



Does the coffee increase the blood pressure?

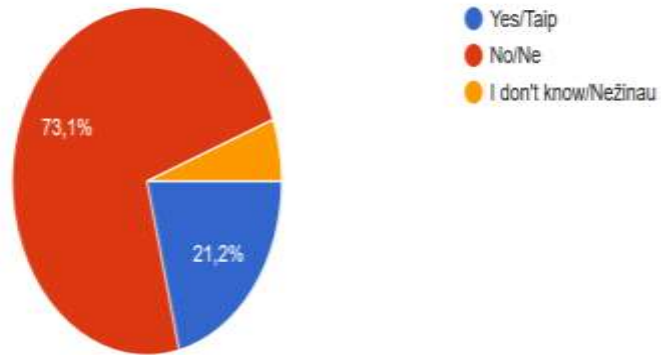
16 atsakymų



# Do you have or ever had cholesterol problems?

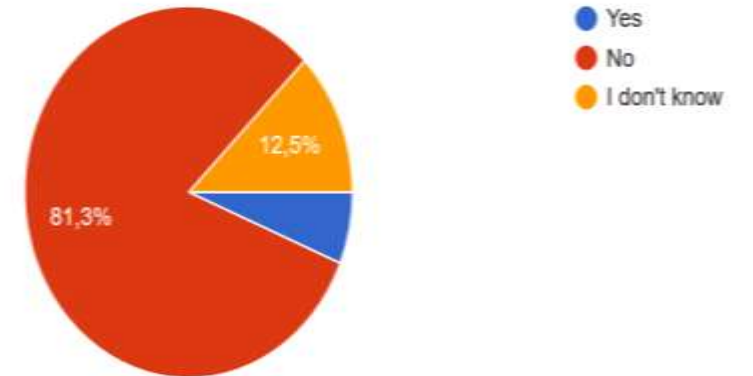
Do you or have you ever had cholesterol problems?/Turite ar turėjote cholesterolio problemų?

52 atsakymai



Do you or have you ever had cholesterol problems?

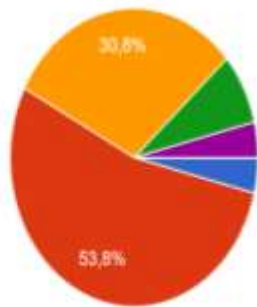
16 atsakymų



# BMI (Body Mass Index)

Do you know your current BMI (Body Mass Index) index?/ Ar žinote savo dabartinį KMI (kūno masės indeksą)?

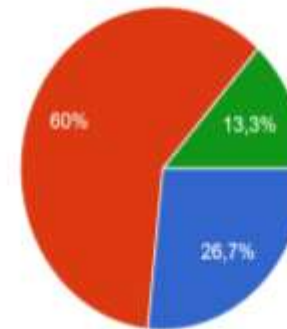
52 atsakymai



- Less than 18,5 (Underweight)/ mažiau nei 18,5 (per mažas)
- 18,5-25 (Ideal weight / idealus svoris)
- 25-30 (Overweight/antsvoris)
- 30-35 (Moderate obesity/ vid. sunkumo nutukimas)
- 35-40 (Obesity/ nutukimas)
- More than 40 (Morbidly obese)/ Daugiau nei 40 (Sunkus nutukimas)

Do you know your current BMI (Body Mass Index) index?

15 atsakymų



- Less than 18,5 (Underweight)
- 18,5-25 (Ideal weight)
- 25-30 (Overweight)
- 30-35 (Moderate obesity)
- 35-40 (Obesity)
- More than 40 (Morbidly obese)

Thank you for  
your attention