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ORAL PROGRAM

27 NOVEMBER, 2014 (THURSDAY) - FIRST CONFERENCE DAY

08:00 - 09:00	Registration of participants	
09:00 - 09:15	Welcome speech	
SESSION	Clinical and Public Health, Nutrition and Chronic Diseases	
	Session Chair: Dzengis Jasar Session Co-Chair: Chin-Kun Wang, Ilija Ilijovski	
09:15 - 09:45	What impact do Genetically Modified (GM) food have on our health?	Dzengis Jasar
09:45 - 10:15	Improvement of various plants on <i>Helicobacter pylori</i> -induced ulcer - From discovery to human clinical trials	Chin-Kun Wang
10:15 - 10:45	Nutritional status, diet and malnutrition assessment, and early detection of health risks from chronic non-contagious diseases at preschool and school children	Ilija Ilijovski
10:45 - 11:15	Coffee break	
SESSION	International Programs and Projects	
	Session Chair: Mirjana Gurinovic Session Co-Chair: Lidija Maurović Koščak, Snježana Tolić	
11:15 - 11:45	Towards a regional roadmap for a food and health research infrastructure in Western Balkan (WB) and European Neighborhood Policy (ENP) countries	Mirjana Gurinovic (Paul Finglas)
11:45 - 12:15	Contribution of EU funding to development of rural areas	Lidija Maurović Koščak
12:15 - 12:45	Implementation of Leader measures of rural development in Croatia	Bojana M. Krstinić (Snježana Tolić)
12:45 - 14:00	Lunch break	
SESSION	Food Quality and Safety, Nutrition	
	Session Chair: Valentina Pavlova Session Co-Chair: Shinawar Waseem Ali, Gordana Paneva	
14:00 - 14:30	Measuring the quantity of anthocyanidins in frozen fruits	Valentina Pavlova (Aleksandar Saveski)
14:30 - 15:00	Dietary habits and nutritional status of children in preschool age	Gordana Paneva
15:00 - 15:30	Aflatoxins in Pakistani foods: A serious threat to food safety	Shinawar Waseem Ali
15:45 - 18:00	Skopje Sightseeing (Free of charge)	

DIETARY HABITS AND NUTRITIONAL STATUS OF CHILDREN IN PRESCHOOL AGE

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Abstract

Early childhood is the most important for the overall development of the personality. During this period, each child is realizing that it is an independent entity, and is express certain requirements, desires, actions, proceedings and behavior. Our research aims to display nutritional status and degree of obesity among preschool children in the Republic of Macedonia and nutritional quality of their diet.

Because of the increasing incidence of obesity in childhood and its consequences as a public health problem, the Institute of Public Health in Skopje implemented activities to assess the growth and nutritional status of children from the Republic of Macedonia. The study included populations of preschool children from Veles, Kocani, Kumanovo, Skopje, Strumica, Prilep and Stip. Activities are conducted during 2013 by a unique methodology in the procedure of monitoring the growth and assessment of nutritional status among children in 1995 before the start of the first school grade. The results were processed by standard deviation method.

Deviation of the body mass in the examined population of the children of 7 years, in the range of +/- 2 and 3 SD. Malnutrition with deviations in growth was found in 0.7% of the examined population group and moderate malnutrition was among mild 3.3%. Overweight and obesity was found in 28.4% of examined children. Since 1995 examined preschool children 5.6% were very obese children.

Disruptions in nutritional status such as malnutrition, and particularly state of obesity have roots in early childhood. Therefore it is very important to do prevention at an early childhood preschool age with proper guidance in eating habits and lifestyle and promoting physical activity.

Key words: *Nutrition, Pre-school children age diet.*