



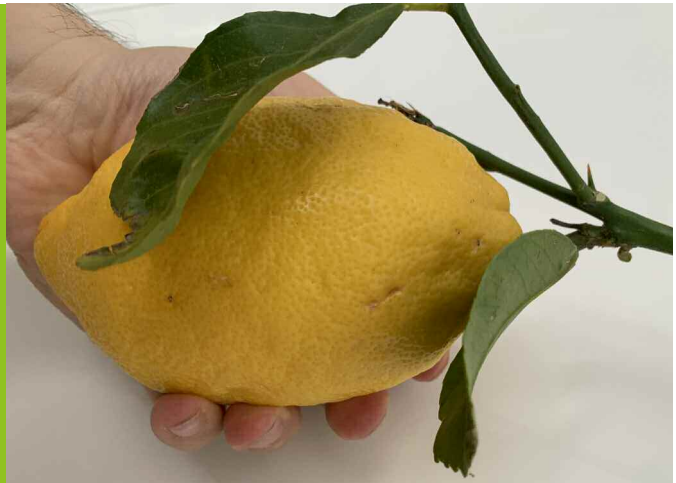
No. 5, Vol. 12, 2021

Editor-in-chief: Peter G. Fedor-Freybergh

Including: Social Work, Humanitary Health Intervention, Nursing, Missionary Work

CLINICAL SOCIAL WORK *AND HEALTH INTERVENTION*

international
scientific
group
of applied
preventive
medicine I - GAP
vienna,
austria



Nutrition as Health Intervention in Central Europe Original Articles

- ✓NUTRITION AS HEALTH INTERVENTION IN CENTRAL EUROPE
- ✓HEALTH AWARENESS IN THE FIELD OF PHYSICAL ACTIVITY IN SLOVAKIA
- ✓METABOLIC SYNDROME AND MENTAL HEALTH IN THE TIME OF COVID-19 PANDEMIC
- ✓COMPARISON OF HEALTH LITERACY OF THE POPULATION REGARDING HEALTHY DIET AND CHRONIC LIVER DISEASES – WEST VS. EAST OF SLOVAKIA
- ✓ANALYSIS OF THE ASSOCIATION OF SELECTED LEISURE TIME ACTIVITIES AND OVERWEIGHT IN UNIVERSITY STUDENTS
- ✓EATING HABITS OF PEOPLE AGED 15-18 YEARS
- ✓HEALTH AWARENESS IN THE FIELD OF EATING HABITS IN SLOVAKIA
- ✓PREFERRED METHODS OF TREATING OBESITY IN LATE ADULTHOOD AND SENIOR AGE
- ✓NUTRITION OF CHILDREN IN ROMA COMMUNITY
- ✓METABOLIC SYNDROME AND NAFLD IN A SOCIAL REINTEGRATION FACILITY ENVIRONMENT - PROJECT RESULTS
- ✓STEPS TO DEVELOPMENT AND INCREASE OF PHYSICAL MOVEMENT AND HEALTH LITERACY
- ✓THE EFFECT OF OBESITY ON MUSCULOSKELETAL SYSTEM
- ✓KEY PREDICTORS OF OVERWEIGHT AND OBESITY IN ADULT POPULATION
- ✓EATING AND LIFESTYLE OF UNIVERSITY STUDENTS DURING THE WORLDWIDE COVID-19 PANDEMIC
- ✓OCCURRENCE OF OBESITY IN PATIENTS WITH CARDIOVASCULAR DISEASES

Editors

Editor-in-Chief:

Peter G. **Fedor-Freybergh**, MD, Dr. Phil, Ph.D, DSc,
Dr.h.c. mult. (Vienna, AT)

Deputy Chief Editors:

Prof. Dr. Dr. med. Clauss **Muss**, PhD
(I-GAP Zurich, CH)

Editorial board and reviewers:

Dr. Andrea **Shahum**, MD (University of North
Carolina at Chapel Hill School of Medicine, USA)

Dr. Vlastimil **Kozon**, PhD.
(Allgemeines Krankenhaus – Medizinischer
Universitätscampus, Vienna, AT)

Dr. Daniel J. **West**, Jr. Ph.D, FACHE
(University of Scranton, Department of Health
Administration and Human Resources, USA)

Dr. Stephen J. **Szydlowski**, MBA, MHA, DHA
(University of Scranton school of education, USA)

Dr. zw. dr hab. Pawel S. **Czarnecki**, Ph.D.
(Rector of the Warsaw Management University, PL)

Dr. Michael **Costello**, MA, MBA, J.D.
(University of Scranton school of education, USA)

Dr. Roberto **Cauda**, Ph.D.
(Institute of Infectious Diseases, Catholic University
of the Sacred Heart, Rome, IT)

Dr. Tadeusz **Bak**, PhD.
(Instytut Ekonomii i Zarządzania PWSTE
Jarosław, PL)

Dr. Daria **Kimuli**, Ph.D.
(Catholic university of Eastern Africa, Nairobi, KE)

Dr. Gabriela **Lezcano**, Ph.D.
(University of California, San Francisco, USA)

Dr. Jirina **Kafkova**, Ph.D. (MSF, Freetown, SL)

Prof. Dr. Arab **Naz**, Ph.D.
(University of Malakand Chakdara Khyber
Pakhtunkhwa PK)

Dr. Vitalis Okoth **Odero**, Ph.D.
(St. Philippe Neri Schools Joshka, KE)

Dr. Johnson **Nzau Mavole**, Ph.D.
(Catholic university of Eastern Africa, Nairobi, KE)

Prof. Dr. Selvaraj **Subramanian**, Ph.D.
(SAAaRMM, Kuala Lumpur, MY)

Dr. hab. Zofia **Szarota**, Ph.D.
(Pedagogical University of Cracow, PL)

Commisioning and language editor:

Prof. Dr. John **Turner** (Amsterdam, NL)
Whole-Self@quicknet.nl

Submit manuscript:

cswjournal@gmail.com

Photo:

Michal Olah

Contact

**International Gesellschaft für angewandte
Präventionsmedizin i-gap e.V.**
(International Society of Applied Preventive
Medicine i-gap)

Währinger Str. 63 A-1090

Vienna, Austria

Tel. : +49 - 176 - 24215020

Fax : +43 / 1 4083 13 129

Mail : office@i-gap.org

Web : www.i-gap.org

Visiting Editors

Maria Belovicova,
Ivan S. Mironyuk

Impact factor

1. november 2019

1,21

Subscription rates 2021, Vol. 12, No.5
Open Access Journal

Additional Information on Internet:
www.clinicalsocialwork.eu

The journal works on the non-profit basis. All the published Articles are charged 300 EUR/USD with standard range wick cannot be exceed.

Table of Contents

Original Articles

Maria Belovicová, Ivan S. Mironyuk Nutrition as Health Intervention in Central Europe	6
Samuel Paulik, Adriana Plskova, Margareta Kacmarikova, Robert Ochaba Health Awareness in the Field of Physical Activity in Slovakia	8
Gabriela Stefkova, Maria Zamboriova Metabolic Syndrome and Mental Health in the Time of Covid-19 Pandemic	15
Ivana Klobusovska, Maria Belovicova, Viera Ivankova, Maria Popovicova, Tatiana Hudakova Comparison of Health Literacy of the Population Regarding Healthy Diet and Chronic Liver Diseases – West vs. East of Slovakia	22
Kristina Grendova, Michaela Machajova, Klaudia Bartkova Analysis of the Association of Selected Leisure Time Activities and Overweight in University Students	29
Robert Ochaba, Beata Orlicka, Margareta Kacmarikova Eating Habits of People Aged 15-18 Years	36
Adriana Plskova, Samuel Paulik, Margareta Kacmarikova, Robert Ochaba Health Awareness in the Field of Eating Habits in Slovakia	41
Jozef Babecka, Maria Popovicova, Maria Belovicova, Petr Snopek Preferred Methods of Treating Obesity in Late Adulthood and Senior Age	47
Anna Beresova Nutrition of Children in Roma Community	55
Maria Belovicova, Maria Popovicova, Jozef Babecka, Petr Snopek Metabolic Syndrome and NAFLD in a Social Reintegration Facility Environment - Project Results	59

Michal Rafajdus, Michaela Machajova Steps to Development and Increase of Physical Movement and Health Literacy	66
Viliam Knap, Perla Ondova, Miriam Istonova, Katarina Oravcova The Effect of Obesity on Musculoskeletal System.....	72
Maria Popovicova, Maria Belovicova, Petr Snopek, Jozef Babecka Key Predictors of Overweight and Obesity in Adult Population	79
Petr Snopek, Jiri Bejtkovsky, Maria Popovicova, Maria Belovicova Eating and Lifestyle of University Students During the Worldwide Covid-19 Pandemic	87
Maria Zamboriova, Lucia Dimunova, Jana Michalkova, Jana Buckova, Iveta Nagyova Occurrence of Obesity in Patients with Cardiovascular Diseases	95

Editorial

Nutrition as Health Intervention in Central Europe

Source: *Clinical Social Work and Health Intervention*
Pages: 6–7

Volume: 12
Cited references: 14

Issue: 5

CSWHI 2021; 12(5): 6 – 7; DOI: 10.22359/cswhi_12_5_15 © Clinical Social Work and Health Intervention

This issue of the *Clinical and Social Intervention Journal* is devoted to the topic of nutrition and physical activity while tackling the problem of metabolic syndrome.

Nutrition is a factor of the external environment that significantly affects a person's quality of life and their health. It is intended to: prevent nutritional deficiencies; achieve high functional performance; prevent diseases of civilization (cardiovascular diseases, obesity, diabetes mellitus, osteoporosis, cancer, metabolic syndrome). Nutrition effects the development of chronic diseases by up to 50%.

This issue of the journal has been created thanks to the contribution of teachers of various higher education institutions, namely: St. Elizabeth University of Health and Social Sciences, Bratislava; the Catholic University in Ruzomberok - Faculty of Health; the Trnava University in Trnava - Faculty of Health Care and Social Work - Department of Public Health; P.J. Safarik University in Kosice - Faculty of Medicine - Department of Nursing Care and Department of Social and Behavioral Medicine; Tomas Bata University in Zlin - Faculty of Humanities and Faculty of Management and Economics. This underlines the fact that this topic is very important and remains highly relevant.

The articles focus on various aspects of the metabolic syndrome: its connection with obesity; cardiovascular diseases; musculoskeletal system; non-alcoholic fatty liver disease; hypovitaminosis D; state of mental health. In their work, the authors did not avoid the COVID-19 pandemic which has affected all areas of our lives.

Individual studies analyze eating and exercise habits and health literacy of children, students, adults and seniors.

The authors map and evaluate the current state of the matter in question; seek and propose solutions that would contribute to improving the health literacy of the population in the field of nutrition; increase their physical activity.

We do have a common goal - whether from the point of view of medicine, nursing, social work or public health - which is to prevent and protect the health of our citizens.

Maria Belovicová

St. Elizabeth University of Health and Social Sciences, Bratislava, SK

Ivan S. Mironyuk

Uzhorod National University, UA

Health Awareness in the Field of Physical Activity in Slovakia

S. Paulik (Samuel Paulik)¹, A. Plskova (Adriana Plskova)¹, M. Kacmarikova (Margareta Kacmarikova)¹, R. Ochaba (Robert Ochaba)^{1,2}

Original Article

¹ Trnava University, Faculty of Health Sciences and Social Work, Department of Public Health, SK.

² Public Health Authority of the Slovak Republic, Department of Health Promotion and Health Education, Bratislava, SK.

E-mail address:

samuel.paulik@tvu.sk

Reprint address:

Department of Public Health
Faculty of Health Sciences and Social Work
Trnava University in Trnava
Univerzitne nam. 1
918 43 Trnava
Slovakia

Source: *Clinical Social Work and Health Intervention*
Pages: 8 – 14

Volume: 12
Cited references: 16

Issue: 5

Reviewers:

Steve Szydowski
University of Scranton school of education, USA
Pawel S. Czarnecki
Rector of the Warsaw Management University, PL

Keywords:

Physical Inactivity. Health Awareness. Behavioral Factors. Sedentary Lifestyle.

Publisher:

International Society of Applied Preventive Medicine i-gap

CSWHI 2021; 12(5): 8 – 14; DOI: 10.22359/cswhi_12_5_01 © Clinical Social Work and Health Intervention

Abstract:

Objectives: The aim of this study was to provide up-to-date information on the prevalence of insufficient physical activity in Slovaks according to gender and age in 2019.

Design: Pilot study

Participants: A cross-sectional survey conducted in 2019 (men n = 1,298; women n = 1,316) monitored 2,614 participants in the age category 15 - 64 years from all over Slovakia.

Methods: We statistically analyzed the questionnaire survey on Health Awareness in Slovakia using the Chi-square test and Fisher's test, in which the level of significance was determined p-value ≤ 0.05.