

NUTRITIONAL HABITS OF CROATIAN ADULT POPULATION AMIDST THE COVID-19 PANDEMIC

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BACKGROUND

In addition to a significant impact on health systems around the world, the COVID-19 pandemic also had a strong impact on the population lifestyle and their nutritional habits.

AIM

The aim of this study was to investigate the nutritional habits of adult working population in central and northwestern Croatia amidst the COVID-19 pandemic.

SUBJECTS AND METHODS

This cross-sectional questionnaire study was conducted during February to April 2021 period among 629 subjects mean age 41.8 ± 9.4 years, 35.3 % males and 64.7 % females, living in central and northwestern part of Croatia.

RESULTS

The study revealed that 34.0 % of subjects consumed more food during the COVID-19 pandemic than before the pandemic. The study also showed that 38.0 % of subjects consumed more snacks during the COVID-19 pandemic compared to the time before the pandemic. Finally, the study revealed that 40.2 % of subjects cooked more in their households than during the time before the pandemic. Females more frequently consumed more food during the pandemic ($p=0.028$) (Figure 1.) and also, more frequently consumed more snacks in comparison to males ($p=0.006$) (Figure 2.).

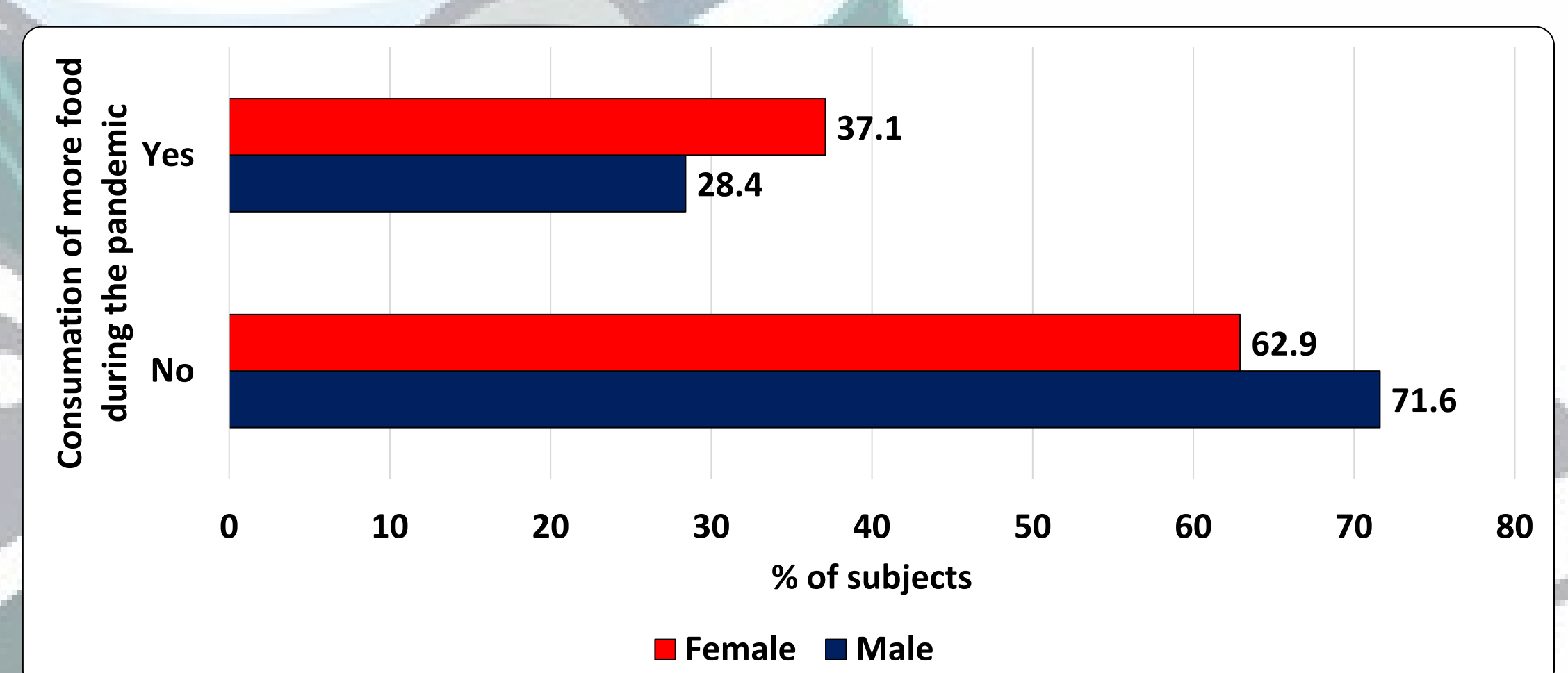


Figure 1. Characteristics of food consumption among subjects during the COVID-19 pandemic in relation to their gender (χ^2 -test; $p=0.028$)

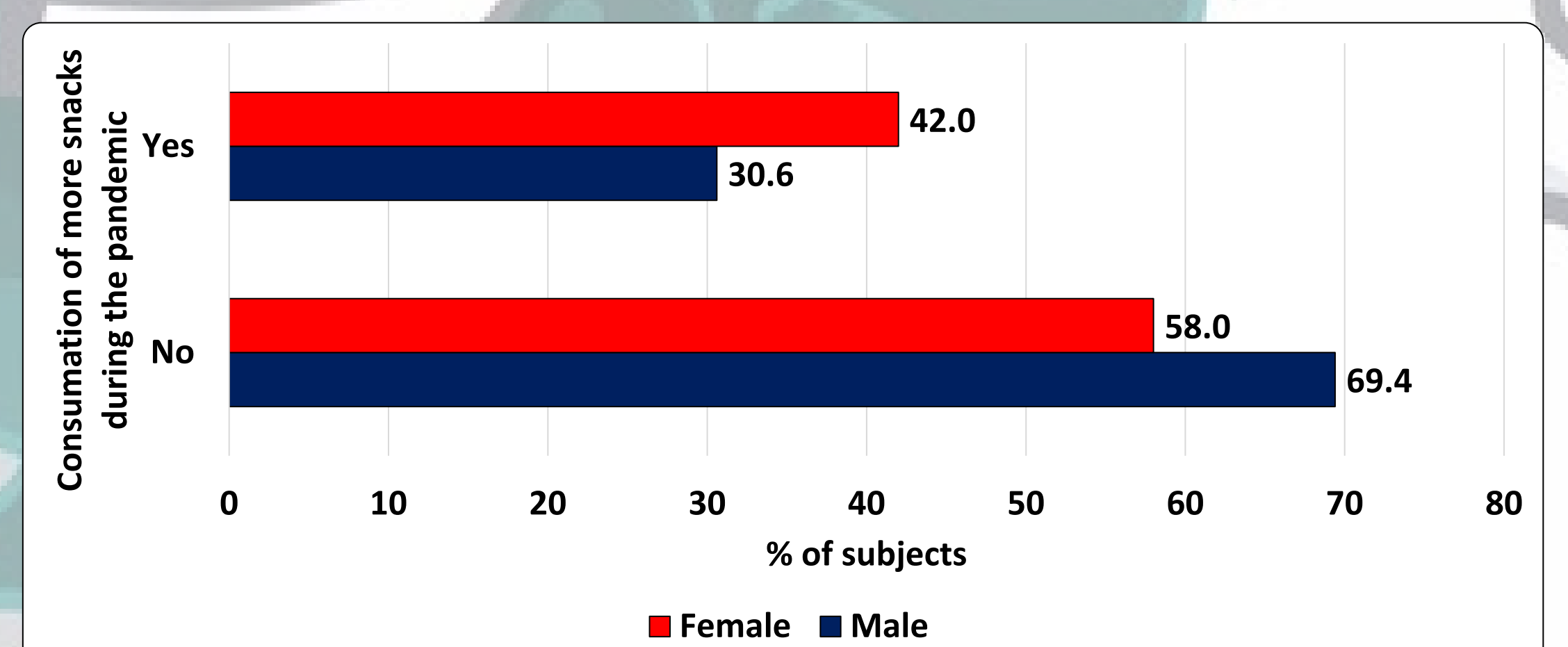


Figure 2. Characteristics of snacks consumption among subjects during the COVID-19 pandemic in relation to their gender (χ^2 -test; $p=0.006$)

CONCLUSION

It can be concluded that COVID-19 pandemic had significant negative influence on nutritional habits of Croatian adult population, which is important for planning appropriate future preventive programs in observed population.

Keywords: nutritional habits, COVID-19 pandemic, adults, prevention, Croatia