

Assessment of Dietary Habits among Students at the Faculty of Medicine of Oran

Laref Nabil

Département of Pharmacy, Faculty of Medicine, University of Oran, Oran, Algeria

Sidi Yakoub Mohammed Nadir

Département of Pharmacy, Faculty of Medicine, University of Oran, Oran, Algeria

Bensemmane Radia

Département of Pharmacy, Faculty of Pharmacy, University of Health Science, Algiers, Algeria

Abstract

Nutrition is the fundamental foundation of our overall health, profoundly and interdependently regulating immune, metabolic, and cognitive functions. For young adults, particularly in the academic setting, eating habits are often fluctuating and disrupted, largely due to complex sociocultural and psychological factors. The rapid evolution of our dietary patterns, exacerbated by industrialization and the digital revolution, has led to a surge in health issues linked to unbalanced diets. While students in health sciences receive theoretical training in nutrition, they frequently adopt inadequate eating behaviors, compromising both their physical and mental well-being. This study aims to explore the dietary habits of this population, highlighting nutritional imbalances and the social, psychological, and academic influences that shape their choices. A deep analysis of eating habits reveals a reality marked by snacking, irregular meals, and a reliance on fast food—practices that significantly harm their health, causing fatigue, digestive issues, and decreased concentration. Conducted among 1,035 students at the Faculty of Medicine in Oran, the study also identifies major obstacles to healthy eating: cost, lack of time, and low motivation. It emphasizes the need for better nutritional information, increased social support, and tailored university initiatives to reverse these trends and improve students' health, both physically and academically.

Keywords

Eating habits, nutrition, ultra processed food.