

Physical activity and food behavior in a group of pregnant women

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Abstract

Background. More and more research proving the benefits of physical exercises for health, especially for pregnant women and the foetus, have emerged during the last decades. Even though they weren't physically active before pregnancy, the most of the pregnant women can exercise safely. Physical exercises have a lot of benefits, they control the body weight, avoiding obesity and offering an enviable physical shape while eliminating sore backs and low level oedema. Besides sports, pregnant food behaviour is important in conditioning the evolution of the pregnancy and the health of the newly born.

Aims. The paper investigates the health status of a group of 200 pregnant women from Cluj-Napoca through the incumbent tests and the anthropometric data during the first and the last trimester of pregnancy, as well as evaluating the life style, especially eating behaviour and sport activity.

Methods. General data, as well as somatometric, physiometric and lab data from family doctors in Cluj-Napoca, during January 2007 and September 2008, were recorded and processed. Data regarding eating behaviour and physical exercise were gathered using a questionnaire.

Results. 1) Most of the haematological, physiological and biochemical data were in normal range for this period. 2) Generally, the pregnant women obtain and practice correct knowledge and attitudes regarding a healthy life style, but they make some mistakes and do not exercise regularly.

Conclusions. The health status remains a good standard in pregnant women, but there are non-consonances between attitudes-knowledge and behaviours, which requires continuing health education activities among this population group.

Keywords: pregnancy, physical activity, food behaviour, health.