

The use of dietary supplements and the frequency of eating food among the soldiers of the Polish Army



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Introduction

- Dietary supplements have become increasingly consumed every day, and their market has been growing continuously in the last decades.
- Epidemiological studies have been shown that supplements users tend to have better health-related behaviors, especially a healthier nutritional intake.

Objectives

- The assesment of the frequency of consumption of selected groups of products, depending on the use of dietary supplements by soldiers of the Polish Army.

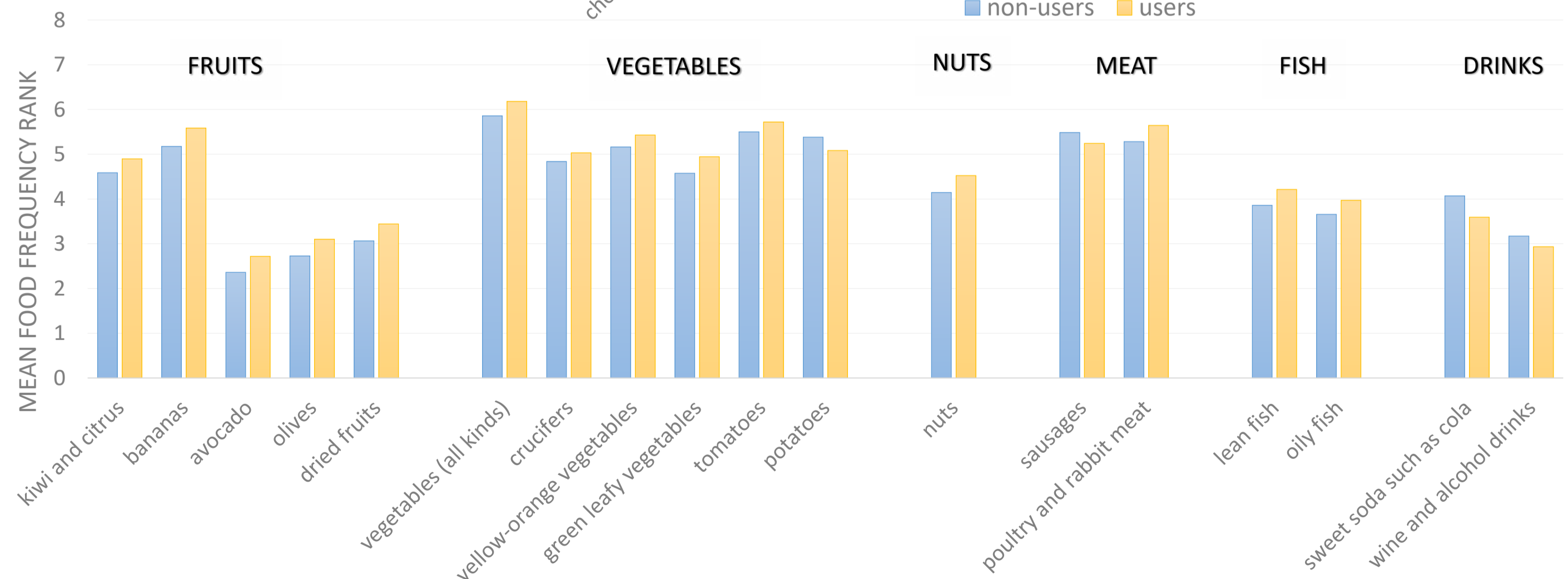
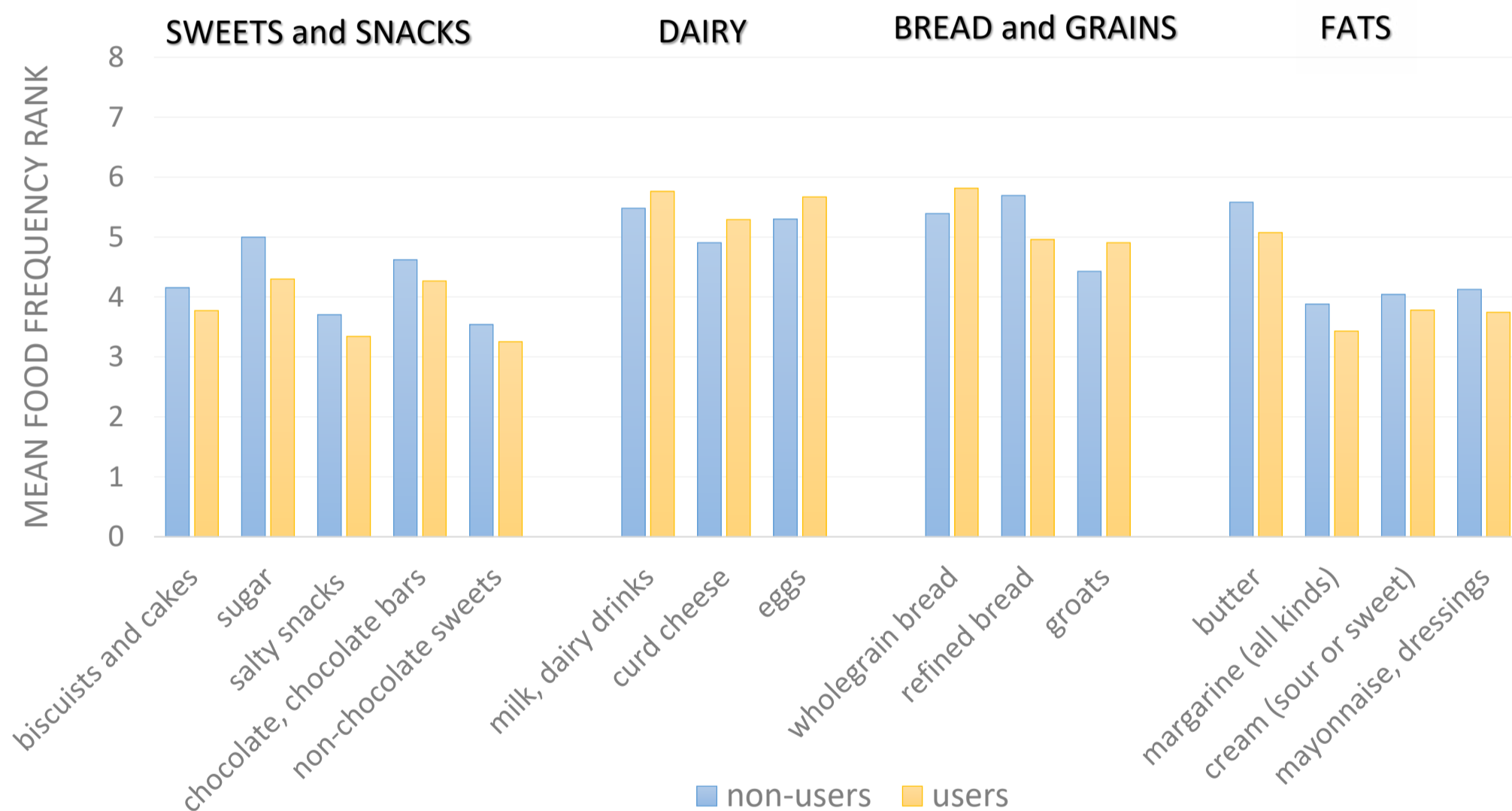
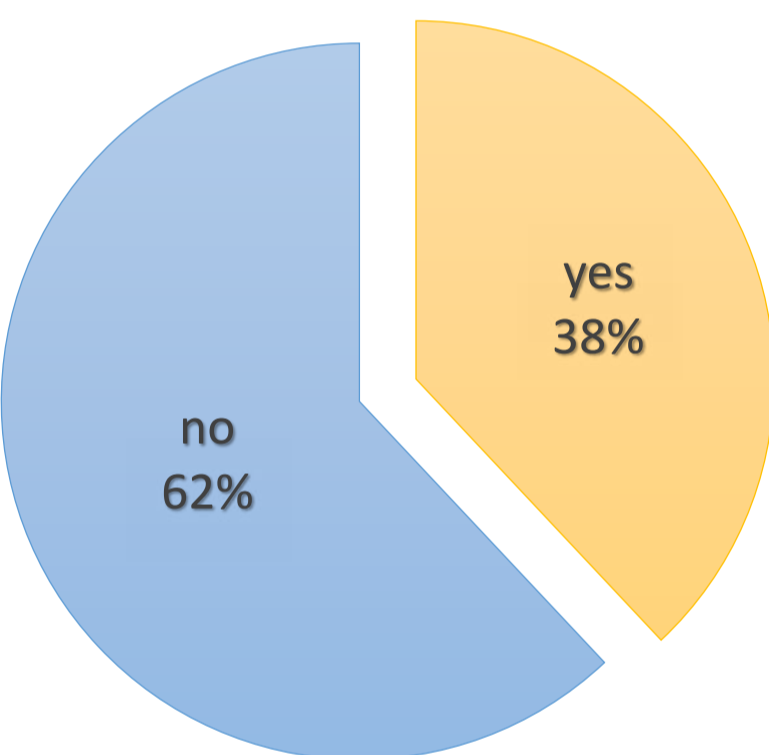
Methods

- Experimental group: n = 647 male Polish soldiers
- Completion of surveys:
 - supplements use questionnaire
 - food frequency questionnaire (FFQ)
- Statistical analysis: comparison of food-frequency consumption of 61 groups of products and supplements usage, using the U Mann Whitney test.
- FFQ ranks: 1—never/almost never, 2—once a quarter or less often, 3—once a month or less often, 4—a few times a month, 5—once a week, 6—several times a week, 7—every day, 8—several times a day.

Results

- Mean age of a participant: 31 ± 7
- Years in service: 9 ± 7
- Only statistically significantly different results were presented (P<0.05)

DO YOU USE DIETARY SUPPLEMENTS?



Conclusions

- The use of dietary supplements affects the consumption of selected groups of products.
- Soldiers using supplements, were more likely to be the ones, who would least benefit from it.
- It is necessary to take educational activities in the field of health promotion of soldiers, with a focus on nutrition and the principles for the safe use of, as well as to motivate soldiers to respect basic principles of proper nutrition.