

JOANNA SADOWSKA, IZABELA DANIEL

*Department of Human Nutrition Physiology, Faculty of Food Sciences and Fisheries, West Pomeranian University of Technology in Szczecin, Papieża Pawła VI 3, 71-459 Szczecin, mail: joanna.sadowska@zut.edu.pl*

## HEALTH CONSEQUENCES OF ABNORMALITIES IN NUTRITION OF CHILDREN AND ADOLESCENTS

### Summary

Puberty in general opinion is considered as a time characterized by good health, however, many chronic diseases which will determine the state of health of adults may then start to develop. Such diseases like eg. hypertension, type 2 diabetes, reduced bone mineral density, which until recently were regarded as ones occurring only in adults, currently are also diagnosed in children and adolescents. Monitoring and evaluation of nutrition habits, nutritional status and health of children and young people is extremely important not only from the point of view of the current state of health, but also because it will determine the parameters of the state of health in their adulthood. Early identification of children with increased risk of diet-related diseases and appropriate interventions will allow for the effective prevention and implementation of educational activities related to the promotion of a healthy lifestyle.