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<b>PhD Thesis Title:</b>	"Eating Habits and Body Composition of Students at the Hellenic Mediterranean University"
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<b>Abstract:</b>	<p><b>Introduction:</b> Students are considered a high-risk group for nutritional deficiencies due to unhealthy eating habits that they may develop during their university years. Preventive health interventions during "critical periods" that offer opportunities to reverse unhealthy lifestyle practices and obesity are necessary, especially in countries like Greece, where there is a high prevalence of obesity. <b>Aim:</b> The aim is to assess changes in body mass, eating behavior, and lifestyle of students at the Hellenic Mediterranean University (HMU) during their first years of study.</p> <p><b>Methodology &amp; Sample:</b> This is an observational study of first-year students at HMU departments, where anthropometric measurements and questionnaires are used to record changes that occur during their studies. <b>Thesis Contribution:</b> Data show that intervention strategies were successful for students, particularly those aiming to empower individuals to achieve and improve their health. Additionally, aside from promoting health, academic performance benefits may also be possible. The study of the eating habits of students in health sciences departments, as well as in other departments not directly exposed to health education through their curricula, is important. Habits formed during young adulthood are likely to continue throughout life. University students should be informed about the long-term health consequences of not adhering to guidelines on physical activity and nutrition. Educating young adults, regardless of weight status, would provide protection against lifestyle-related chronic diseases such as heart disease, type 2 diabetes, and hypertension.</p>
<b>Keywords:</b>	Eating habits, body composition, students, lifestyle, questionnaire