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**„NOTHING IS MORE PRECIOUS THAN HEALTH“
HEALTH PROBLEMS AND DISORDERS**





- Energy is needed to maintain human vital activity. Food is one of the sources of energy. Food is an inseparable and necessary part of our life, the same as water or air.
- It is said that beauty requires sacrifice, but everything has limits. Nowadays more and more attention is paid to eating disorders in the press and on television.



383 is the total number of students aged 15-17 who participated in the survey.

- 80 from Joniskis Ausros gymnasium, Joniskis
- 114 from Yasemin Erman Balsu Anadolu Lisesi, Turkey
- 136 from ITIS Polo Technico E.Fermi-C.E. Gadda, Italy
- 53 from Liceul Gheorghe Tatarescu, Romania



The aim of the survey:

To evaluate the knowledge about eating disorders and attitude to themselves among students in each partner school.



The survey shows that students' attitude and knowledge about eating disorders in each partner school is similar.

A hand holding a burger and another hand holding an apple and a red apple. The burger is on the left, and the apple and red apple are on the right. The background is white with a blue wave-like shape at the bottom.

Conclusion:

- Most of the students are dissatisfied or partially dissatisfied with their appearance and would like to change something about it.
- Most of the students think that their weight is too high and the best way to reduce body mass is to do sports.
- Anorexia is the most familiar eating disorder for most students, but most of them lack knowledge about other eating disorders.
- Most of students agree that eating disorders are a serious problem and would know where to get help if they needed.
- Although the vast majority of students feel positive emotions more often, a considerable number feel intense tiredness.