

literacy also had scores on the ORTO-15 scale ($p = 0.001$). According to logistic regression analysis results for orthorexia estimation, it is 1.5 times in regular sportsmen, 1,5 times in doctor-dietician as information source, 1,5 times in those who have at least once diet in their life, and those who get high scores from HLS-EU was found to be 1.2 times less orthorexia ($p = 0.001$).

Conclusions:

The frequency of orthorexia was found to be 12% in this study. It was found that orthorexia was higher among the regular sportsmen and those who got information from doctors and dieticians. And also It can be argued that health literacy has a low level of protective effect on orthorexia.

Key messages:

- Orthorexia may be an important nutritional problem in young people in the near future, when the level of health literacy in young people does not increase.
- It may be suggested that doctors and dieticians should be more careful when giving nutrition advice to young people.

Relation to orthorexia prevalence and health literacy of college students in the east of Turkey

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Background:

Eating disorders are more common in young people. Orthorexia neurosis is known as a nutritional obsession that has not yet been classified but has entered eating disorder. The purpose of this study is to determine the frequency of orthorexia in university students and examine their relation to health literacy.

Methods:

This cross-sectional study is based on 1014 university students, in a city eastern Turkey in 2017. The students were randomly selected by stratified cluster sampling method and the questionnaire covering the demographic characteristics of the students with ORTO-15 scale and the European Health Literacy Survey (HLS-EU) were applied under observation. The HLS-EU score indices vary between 0-50. SPSS 22 was used in the evaluation of the data and Kruskal Wallis and Binary Logistic Regression test were used in the analysis. This study was supported by Research Fund of the Inonu University(No 1027).

Results:

The average age of the students is 21.54 ± 2.30 and 38,4% were male and 61,6% were female. 28.8% of them smoke and 40% of them said that got information about healthy eating from the internet. The prevalence of ortorexia was 12.2% (12.6% for male, 12.0% for female). 80% of them were found to have inadequate health literacy. Those with low levels of health