

# Health Concerns Effect on Food Consumption

Krisztián LŐRINCZI

Centre for Agricultural Sciences and Engineering, Böszörményi út 138, 4032 Debrecen, Hungary  
(e-mail: chrisbc@freemail.hu)

## Abstract

Food choice and food consumer behaviour is a multifactorial behaviour, influenced by a large number of factors. Consumer lifestyle and health are relevant factors to understanding consumption preferences. In the last few decades the number of so-called civilization diseases has dramatically increased. Research has proved that the main cause for these diseases is the change in lifestyle; including rising stress in a fast-paced world and a lack of attention to physical activity and good nutrition. Nutrition and bad dietary habits have the greatest influence on weight gain and obesity, which are serious public health problems because the increased risks of premature death and civilization diseases like heart diseases, high blood pressure and diabetes. The state of health in the European countries was examined, with special focus on Hungary, regarding public health indicators and nutrition habits. Data was collected from FAOSTAT, Eurostat Yearbook 2006-2007 and The Public Health Database of the European Commission. The life expectancy in Hungary is one of the worst of the European countries and the rate of obesity exceeds the average in Europe. From research and observations, one difference is that people in Hungary eat less of some foods deemed healthful by nutritional scientists, such as vegetables, fruits, milk and fish. Improving the state of health is a notable task in Hungary, and one important part of the solution is changing bad dietary habits.

Key words: health, nutrition, civilization diseases, consumption

sa2008\_a0506