

BÖLÜM 4

ADÖLESAN DÖNEMDE BESLENME VE YEME BOZUKLUKLARI

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GİRİŞ

İnsanlık tarihinde yaşamın devamı için büyük önem arz eden beslenme, vücudun gerekli olan enerji ihtiyacını karşılayarak ve açlığın önüne geçerek hayatta var olma çabasını devamlı kılmaktadır. İnsan vücudunun; yaş, boy, kilo, gün içerisinde yaptığı iş ve harcadığı enerjiye göre farklılık gösteren ve her gün elzem olarak alması gereken belirli bir enerji, vitamin-mineral miktarı vardır. Beslenme gereksinimi vücudun temel yapıtaşını oluşturan güç kaynağıdır ancak birçok insan tarafından yemek yeme, günümüzde vücudun ihtiyacı olan enerji miktarını yerine koymaktan çok daha fazlası haline gelmiştir (1). Bir toplumun sağlıklı yaşaması, ekonomik kalkınmasını sürdürebilmesi ancak sağlıklı ve optimal iyilik haline sahip nesiller ile mümkündür. Bu durumun temeli ise yeterli ve dengeli diğer bir adıyla sağlıklı beslenmeye dayanmaktadır. Sağlıklı ve yeterli-dengeli beslenme, büyüme, gelişme, sağlığın korunması ve yaşam kalitesinin artırılması için gerekli olan enerji ve besin öğelerinin yeterli ve zamanında elde edilmesi açısından büyük önem taşımaktadır (2).

Çocukluktan yetişkinliğe geçiş evresi olarak tanımlanan adölesan dönem, fiziksel-biyolojik büyüme ve gelişmede aşırı hızlanma, seksüel ve psikososyal olgunlaşmanın olduğu bir dönemi ifade etmektedir (3). Dünya Sağlık Örgütü (DSÖ) 10-19 yaş grubunu adölesan olarak tanımlamaktadır. Kızlarda genellikle 12-13 yaş döneminde başlayan adölesan dönem, erkeklerde değişkenlik göstererek 14-15 yaş aralığını kapsamaktadır. Son kaynaklar ise adölesan dönemi 10-14 yıl erken adölesan, 15-19 yıl geç adölesan ve 20-24 genç yetişkin dönem olarak belirtmiştir (4). *Pubertal Growth Spurt* olarak adlandırılan büyüme atağı evresi bu yaş aralıklarında gerçekleşmekte; boy artışı maksimum seviyeye ulaşarak

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