



KEY WORDS

- ✓ Microbiota
- ✓ Probiotic
- ✓ Prebiotic
- ✓ Gut health
- ✓ Nutrition

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THE EVALUATION OF MICROBIOTA AWARENESS AND GUT HEALTH OF ADULTS APPLYING TO A NUTRITION COUNSELING CENTER

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THESIS ABSTRACT

This study was applied to 100 people with a seven-part questionnaire in order to evaluate the microbiota awareness and gut health of adult individuals who applied to a nutritional counseling.

There is an inversely significant relationship between the microbiota awareness scale score and the participants' body weight, bki, and waist circumference values ($p<0,05$). Microbiota awareness scale score and gender, education, and status of being educated about probiotics and prebiotics differ significantly ($p<0,05$). Colonic transport rate differs significantly according to the values of bki and waist circumference ($p<0,05$). There is a significant relationship between the colonic transport rate and the movement level of the participants ($p<0,05$). Colonic transport rate; it does not show a significant difference according to fiber and water intake ($p>0,05$). As a result, it is important for individuals to have a high awareness of microbiota in the protection and development of health, and subject experts have an important responsibility to inform individuals.

APPLICATION AREAS OF THE THESIS RESULTS

In this study, the relationship between status of being educated about probiotics-prebiotics and the level of microbiota awareness is remarkable. Health professionals, who are experts in the subject, have an important role to increasing the awareness of the microbiota of the society.

ACADEMIC ACTIVITIES

Makas, S., Tarikahya Cigerli, G. T., & Tayar, M. (2023, July 15-18). Lifestyle Change Including Nutrition and The Use of Probiotics in the Treatment of Constipation [Oral Presentation]. 4th International Acharaka Congress of Medicine, Nursing and Health Sciences, İzmir, Türkiye.

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