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In the view of *Helicobacter pylori*, eating habits and perceptions about eating animal originated raw foods, in İzmir Turkey

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Statement of the Problem: *Helicobacter pylori* cause serious health problems including gastritis, peptic ulcer disease, gastric cancer and MALT-lymphoma. Although many researches have been indicated animal originated raw foods contain *H. pylori*, still people continue their eating habits. Mainly they are aware of the problem but don't realize how serious it is. Previous researches indicate that prevalence of *H. pylori* is very high in Turkey and it is also very high among university students (63%). The purpose of this study is to indicate the perspective of people for eating animal originated raw food.

Methodology: Survey is conducted with 193 participants above age 10, and all living in İzmir. Chi-square test has been conducted to analyze relation between demographic information (age interval, sex and education level) and eating habits and information about eating uncooked red meat, egg, milk and chicken meat.

Findings: There is no significant correlation between demographic information of people (sex, age interval and education level) and eating uncooked red meat, egg, milk and chicken meat. Ratio of eating foods including uncooked meat (cow and sheep) is very high, even though most of them think that it is unhealthy. This is the case also for raw egg. Ratios are better for raw chicken meat and raw milk. There is a statistically significant relation between information about eating animal originated raw foods and eating habits (except red meat). However there is no relation between education levels and awareness of health problems regarding consumption of animal originated raw foods.

Conclusion: Threat of *H. pylori* should be announced clearly to change food consumption habits. This survey indicates that education level does not have significant relation on food consumption habits for raw red meat, milk, egg and chicken meat. A complementary education method should be sought to increase the awareness.

Biography

Eda Yaldirak is a 4th year medical student at University of Dokuz Eylul. She has participated in research on evaluation of the satisfaction of patients' relatives in anesthesia intensive care unit (Published in Dokuz Eylul University Magazine). She has also worked in research on ethic and quality standards about informing customers (Workshop, EMSA) and in research and workshop program about contraception methods at Dokuz Eylul University. Analyzing *Helicobacter pylori* is her recent and focus point.

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