

SEPTINTOJI TARPTAUTINĖ KONFERENCIJA

THE 7th INTERNATIONAL CONFERENCE

2026 m. liepos mėn. 7-10 d., Vilniaus universitetas, LIETUVA

7th-10th of July, 2026, Vilnius University, LITHUANIA

**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

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Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

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FISH AND OMEGA-3 FATTY ACID INTAKE IN THE GENERAL POPULATION AND THEIR IMPACT ON HEALTH

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Background and Aim: This study examines the fish consumption habits and knowledge of polyunsaturated fatty acids among the Lithuanian population. It highlights the differences in knowledge and aims to draw attention to the fatty acid imbalance observed within the population, which is associated with a faster onset of chronic diseases.

Materials and Methods: The data were collected in November 2025 via an anonymous online survey administered through Google Forms. The study surveyed Lithuanian residents of various ages and included 180 respondents. The questionnaire consisted of sociodemographic data, information on daily dietary choices, and a summary questionnaire on knowledge of fatty acids.

Results: The results highlighted the varying levels of awareness among Lithuanian residents regarding the consumption of fish and omega-3 fatty acids. Two-thirds of respondents stated that their fish intake is insufficient to meet their body's basic needs. More than half of the respondents consumed fish less frequently than recommended by the WHO. Insufficient knowledge about omega-3 and omega-6 fatty acids was also observed. The study found that although people had heard of polyunsaturated fatty acids, this did not lead to changes in their diet. Therefore, the majority of Lithuanian residents stated that the main source of omega-3 in their diet is supplements, which highlights that Lithuanian residents lack omega-3 fatty acids obtained naturally through food.

Conclusions: Fish consumption in Lithuania remains insufficient, with omega-3 fatty acids obtained primarily through supplements rather than food sources. Limited public knowledge contributes to dietary choices that do not ensure an optimal balance of polyunsaturated fatty acids. These findings highlight the need to improve public awareness and strengthen education on the appropriate consumption of fish and omega-3 fatty acids to support overall health.

Keywords: fatty acids, fish, nutrition, omega-3