DIFFERENCES IN EUROPEAN CONSUMERS’ PERCEIVED IMPORTANCE OF NUTRIENTS

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Providing nutrition information through appropriate food labels is becoming increasingly important in helping consumers making better informed and healthier food choices. Major questions raised are, whether consumers are interested in nutrients-related information, and to what extent they find specific nutrients important. It is expected that consumers placing high importance on nutrition are more likely to use nutritional labels or to use specific nutrient information. The aim of this study is to investigate the perceived importance of nutrients and possible differences between different consumer groups. Cross-sectional data were collected through a pan-European consumer survey (n=4828) with samples representative for age, gender and region in Belgium, France, Italy, Norway, Poland and Spain. The perceived importance of five disqualifying nutrients (energy, fat, saturated fat, salt and sugars) and two qualifying nutrients (fibre, vitamins/minerals) was addressed. Besides the country and other socio-demographic characteristics, explanatory variables included health consciousness, nutritional status (BMI) and dieting. The results suggest that the perceived importance of each of the nutrients, qualifying or disqualifying, is generally high among European consumers. However, significant differences are observed between countries, with the lowest mean score for Norway and the highest for Poland or Spain. A higher perceived importance of each nutrient was also reported by women, older respondents, dieters and more health-conscious respondents. Children in the household, place of residence, education and BMI account for differences in perceived importance of some nutrients. Partial Eta squared (ANCOVA) was used to determine the effect size for each explanatory variable on the perceived importance of qualifying and disqualifying nutrients. Implications for nutrition policy makers and food industries are discussed.

EATING HABITS, PHYSICAL ACTIVITY AND NUTRITIONAL STATUS IN PATIENTS WITH DEPRESSION


Depression, mood and stress in individuals affects the amount and type of food eaten, which is reflected in the nutritional status and may aggravate the clinical depression. For the practical exercise, studies show that it is beneficial for physical and mental health. We conducted a cross-sectional study, descriptive and correlational, evaluating the relationship between depression, anxiety and stress, eating habits, physical activity and nutritional status in a sample of 26 women and 3 men, aged 55±9 years of a Portuguese Psychiatric Hospital. It was used a questionnaire with anthropometric data, food frequency questionnaire, physical activity questionnaire adapted IPAQ 8 EADS and scale of 21 items to assess those affected. The subjects had a BMI of 29 kg/m² ± 6.86% of the sample showed risk of cardiovascular or metabolic disease and 14% did not present. The protein intake was 21 ± 3%, fat 29 ±5% and 50 ±6% carbohydrate. 72.4% of subjects had insufficient caloric intake and the others showed an excessive one. 55.2% had moderate physical activity, 27.6% intense and 17.2% light. The correlation between food intake with affective showed that: higher levels of stress and anxiety were related to lower intake of fruits like plum, quince, cherry, clementine and kiwi, higher levels of stress or depression or anxiety were related to ingestion of apple, pear and peach. Higher levels of anxiety were related to lower intake of tomatoes and protein; higher levels of depression were related to less white meat intake. These results may show that an inadequate intake of protein and fruits rich in carbohydrate important to regulate the levels of serotonin are possibly contributing to the symptoms of depression and lower consumption of white meat rich in monounsaturated fat may in weight control may be contributing for the increase in BMI.

PSYCHOSOCIAL AND SITUACIONAL INFLUENCE CHILDREN’S FOOD CHOICE

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Recent research has demonstrated that advertisements influence in attitudes and behaviors. Several variables in different levels of analysis facilitate or inhibit this influence (i.e., intrapersonal, interpersonal, situational and societal). The present research had the objective of a attitudes and behaviors that children have when faced with healthy and unhealthy food. Rare are the studies in the international literature show a relation between psychosocial and situational variables in food choice. Variables that could influence behavior or attitude on food choice remain unclear when dealing with their food habits. Variations could influence food choice and food consumption were organized the model proposed by Story et al. (2002). This work seeks to offer into this question by examining different levels of analyses, with attention to inter and intrapersonal variables, which influence attitudes and behavior. The Study 1 was a correlational study with children focusing on their auto related consumption, scale validated preliminary model testing, and, finally, on Study 2 was performed an experiment with 80 children to verify the strength of attitude exposure to TV marketing. Within the analysis level study interpersonal level variables more directly related to the object p greater relationship with the behavior and attitude in relation to the and unhealthy food. It was also observed that the consumption of food increases the consumption of unhealthy food, with all interaction effects. This data suggests that, from the infancy, the determined nature of food habits, including individuals, situational and social conditions and cultural, is related with the process. Key-words: food choice, attitude, advertising, psychosocial situational influence.

IMAGEM CORPORAL, ESTADO NUTRICIONAL E CONSUMO DE IÓDOS MATRICULADOS NOS PRÉS SÊNIOR E UNIMÁIS DA UNIVERSIDADE MUNICIPAL DE CAETANO DO SUL

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Introdução: O processo de envelhecimento e suas alterações influenciam a auto-imagem corporal que o indivíduo constrói ao longo dos anos, podendo sofrer mudanças devido aos compromissos pessoais, do trabalho e ou da doença que podem afetar o campo nutricional e consequentemente o estado nutricional e a qualidade de vida. O objetivo deste estudo foi avaliar o estado nutricional, o consumo alimentar e o consumo de iódeos matriculados no projeto de ensino São Caetano do Sul. MÉTODOS: Participaram do estudo 103 idosos de ambos os sexos, matriculados no projeto Unimãis da Universidade de São Caetano do Sul. Mediram-se: peso, altura segundo as técnicas propostas por Lohman, circunferência da cintura, da perna. Análise de imagem corporal foi utilizada para estimação de massa magra e de gordura corporal. RESULTADOS: O IMC médio foi de 28,5 kg/m², encontra-se no intervalo entre 25, 29,6 kg/m². O consumo de iódeos foi de 10,5 kg/m², inferior ao valor recomendado de 20,5 kg/m². CONCLUSÕES: O peso e a circunferência abdominal mostraram-se correlacionados com o consumo de iódeos. O IMC foi influenciado pelo consumo de iódeos, o que pode explicar a discrepância entre o consumo de iódeos e o IMC. O consumo de iódeos é fundamental para a prevenção da ABDOMINALITÉS. A correlação entre a circunferência da cintura foi de (r = 0,84). O consumo energético