



## NATIONAL HEALTH SURVEYS - ANTHROPOMETRIC DATA OF PORTUGUESE AND BRAZILIAN WOMEN: INS 2005-2006 AND PNDS 2006.



Costa CS<sup>1</sup>, Marmitt LP<sup>1</sup>, Meller FO<sup>2</sup>, Ferro-Lebres V<sup>3</sup>

<sup>1</sup> Faculty of Nutrition, Pelotas, Brazil

<sup>2</sup> Postgraduate Program in Epidemiology, Federal University of Pelotas, Brazil

<sup>3</sup> Superior Health School, Polytechnic Institute of Bragança, Portugal

E-mail address: vferrolebres@gmail.com

### INTRODUCTION

Nutritional problems related to under or overweight in women have been shown itself as a relevant issue to health and quality of life, affecting mainly older women (WHO, 2012).

#### AIM

To compare the anthropometric data of Portuguese and Brazilian women studied on the 4th National Health Inquiry (4<sup>o</sup> Inquérito Nacional de Saúde, INS-2005-2006, Portugal) and on the National Research of Demography and Health (Pesquisa Nacional de Demografia e Saúde, PNDS-2006, Brazil).

### METHODS

This work is a result of a data comparison between the Portuguese and the Brazilian national inquiries, respectively, INS-2005/2006 and PNDS-2006. Both researches represent the countries populations and were based on transversal studies. The nutritional status of the women from 18 to 44 years old was evaluated using the body mass index, as recommended by the World Health Organization (1995). The prevalence of underweight, normal weight, overweight and obese women in the total sample was studied in three age groups (18-24, 25-34, 35-44). Statistical significance was evaluated by the comparative test, using the value  $p < 0.05$ .

### RESULTS

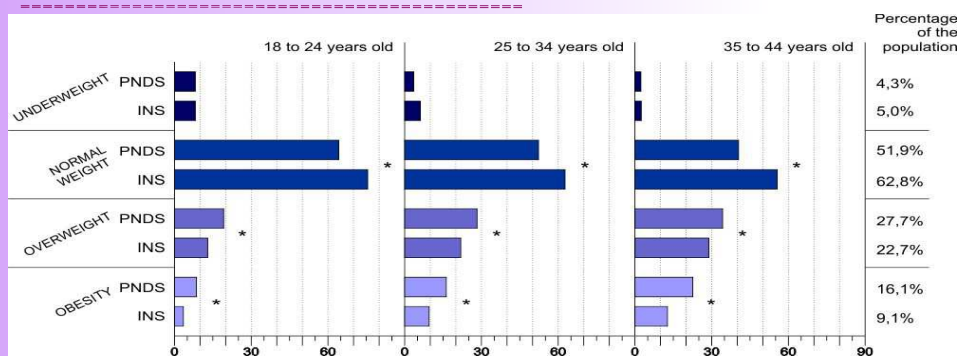


Figure 1: Results of comparison about nutritional states between Portuguese (INS-2006/2006) and Brazilian women (PNDS-2006). \*  $p < 0,001$

The population was of 2048623 women in Portugal and 12167 in Brazil.

Comparing Brazil and Portugal, the overweight and obesity prevalence was higher in Brazil, in all age groups.

### CONCLUSIONS

High overweight and obesity prevalence were found on women of both countries, with higher proportions on the Brazilian group.

Health promotion measures and stimulus to healthy

nourishment have shown itself as essential to avoid the emergence of morbidities related with nutritional status of women belonging to all age groups, especially on the higher ranges.

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