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Results. At present 155 eligible women have been randomized. The planned activities proceed with a good compliance (70%) while recruitment is ongoing.

Conclusions. This trial will contribute to the evidence on the influence of PA and diet on MBD and indirectly on their role in breast cancer prevention.

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- P29 -

DEPRESSIVE SYMPTOMS AND ALCOHOL USE AMONG ADOLESCENTSPinto I,¹ Fraga S,² Ramos E²¹School of Health, Polytechnic Institute of Bragança, Bragança, Portugal; ²Institute of Public Health, University of Porto, Porto, Portugal

Introduction. Alcohol is the most consumed substance by young people, sometimes it's associated with depressive symptoms.

Objectives. To assess the factors associated with alcohol use among 13-year-old teenagers, like depressive symptoms.

Methods. Data of a population-based cohort of urban teenagers included cross-sectional information of 919 boys and 1,016 girls collected by self-reported questionnaire. Depressive symptoms were evaluated using Beck Depressive Inventory II (BDI). The Mann-Whitney test was used to compare medians. Odds ratio(OR) and multiple linear regression(β) were performed to estimate the magnitude of associations with 95% confidence intervals(95%CI). The final model was adjusted for parents' education, sports, smoking, have friends who drink and parents' history of depression.

Results. Overall 515(50.0%) girls and 425(44.9%) boys have experimented alcoholic beverages and 48(4.7%) girls and 62(6.6%) boys have drunk(one drink at least once time per month) at 13-year-old. For both genders, after adjustment, being experimenter was significantly associated with parents' education, tobacco use and friends who drink. In girls, characteristics that was significantly associated to be drinker were tobacco use OR=6.9 (3.1-15.2) and friends who drink OR=6.4 (2.7-15.2). In boys, to be drinker was associated with tobacco use OR=5.9 (2.7-13.0), friends who drink OR=7.3 (3.5-15.4) and cohabiting with people who drink OR=5.1 (1.4-17.6). Adolescents who have drunk presented a high score in BDI [median(25p-75p)] in girls [6.01(2.00-10.00) vs 6.38(3.00-11.99), p=0.002] and in boys [3.00(1.01-6.01) vs 3.99(1.01-6.99), p=0.039]. After adjustment, the association was not significant in girls (β =0.583; 95%CI: -0.483;1.648) in boys (β =0.623; 95%CI: -0.170;1.417).

Conclusions. Among 13-year-old adolescents parents' education, smoking and friends who drink were associated with drinking behaviour. After adjustment, depressive symptoms did not show a significant association with alcohol use.

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MEDIA USE BY SCHOOLCHILDREN AND ASSOCIATED FACTORS

García-Continente X, Pérez A, Nebot M

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Introduction. During the last few years several studies have report-

ed a high use of media devices (including television (TV), videogames and computers) among adolescents, that can be related to obesity and other risk factors.

Objectives. The main objective was to describe the use of media among schoolchildren of Barcelona, and to identify the associated factors.

Methods. Cross-sectional study based on a periodic survey focusing on health-related behaviors and attitudes, carried out among a representative sample of schoolchildren of Barcelona, 14 to 18 year-olds. In 2008 we specifically asked about number of hours spent watching TV, playing with videogames, or using the PC. We present the frequency of use, and estimate the associations with sociodemographic and behavioral variables.

Results. 3,089 schoolchildren of secondary education responded the questionnaire, 52% girls and 48% boys, from 13 to 19 years of age. Around 50% declared to watch tv 2 or more hours per day, during weekly days. Boys declared to play videogames 2 hours per day much more often than girls (14,7% vs 1,5%). Regarding use of PC, 68,2% of boys and 61,7% of girls reported using it 2 or more hours every day. Watching more tv was associated with reading less books (boys: OR=0,6; CI95%: 0,4-0,7; girls: OR=0,7; CI95%: 0,6-0,9) in multivariate analysis, after adjusting by relevant sociodemographic variables. In addition, watching tv was associated among boys with eating unhealthy food, and going to bars and discos during leisure time. Among girls, watching tv was associated with doing less physical exercise. These factors were also associated to using PC and playing videogames among boys.

Conclusions. There is a high prevalence of schoolchildren reporting an excessive use of media daily. This behavior is associated to other unhealthy behaviors, like eating worse or doing less physical exercise. Also, it is associated to reading less books. It is important to promote healthy alternatives for leisure time.

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- P31 -

CANCER SURVIVORSHIP AND HEALTH-RELATED BEHAVIORS: A COHORT STUDY IN PORTO, PORTUGALFigueiredo L,¹ Antunes L,² Bento MJ,² Lunet N¹¹Department of Hygiene and Epidemiology, University of Porto Medical School, Porto, Portugal; ²Oncological Register of the Northern Region (RORENO), Portugal

Introduction. Cancer survivors are at an increased risk of a second primary cancer, due to iatrogenic causes, genetic characteristics and unhealthy behaviors, but the characterization of the latter exposures in these specific populations has been seldom accomplished.

Objectives. We aimed to evaluate the differences of unhealthy behaviors between cancer survivors and healthy individuals.

Methods. In a cohort of adults (recruitment: 1999-2003; follow-up: up to 2009, through linkage with the population based cancer registry) we compared the baseline anthropometrics and exposure to smoking, alcohol, dietary intake and physical activity between: cancer survivors (CS) – cancer diagnosis before baseline assessment (n=53); no-cancer participants (NC) – without cancer diagnosis at baseline or during follow-up (n=2,272); latent cancer participants (LC) – without cancer diagnosis at the baseline but being diagnosed