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Health, Well-being and Sustainable Development (ICHWBI 2023)



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Best regards
Gustavo Desouzart

PESO DO RECÉM-NASCIDO: INFLUÊNCIA DO IMC PRÉ-GESTACIONAL, GANHO PONDERAL E TRIMESTRE DE DIAGNÓSTICO EM GESTANTES COM DIABETES GESTACIONAL

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Introdução: A Diabetes Gestacional consiste numa das patologias mais frequentes durante o período de gestação (DGS, 2011). O Índice de Massa Corporal e o aumento de peso inadequado durante este período influenciam as condições de saúde do recém-nascido (Mahmoodi, 2017; WHO, 1995). **Objetivos:** Averiguar a relação entre o Índice de Massa Corporal pré-gestacional, o trimestre de diagnóstico da Diabetes e o ganho ponderal durante a gestação com o peso do recém-nascido. **Métodos:** Estudo quantitativo, analítico, observacional e longitudinal numa amostra de 456 puérperas com diagnóstico de Diabetes Gestacional e respetivo recém-nascido, que foram seguidas numa consulta de Nutrição/Obstetrícia Os dados foram recolhidos a partir da base de dados “Registo Nacional DG BASE” Resultados: Verificou-se que 38,8% das grávidas excederam as recomendações de ganho ponderal. Mais de metade das grávidas tiveram o diagnóstico de Diabetes Gestacional no 2º trimestre. Relativamente aos recém-nascidos, 9,6% eram leves para a idade gestacional, 77,2% tinham um peso adequado e 13,2% dos recém-nascidos eram classificados em Grandes para a idade gestacional. Tanto o Índice de Massa Corporal pré-gestacional como o ganho ponderal durante a gestação demonstraram estar diretamente correlacionados com o peso do recém-nascido ao nascer. As variáveis maternas IMC pré-gestacional e ganho ponderal durante a gestação revelaram-se inversamente correlacionadas entre si. **Conclusão:** O excesso ponderal prévio à gestação assim como o ganho ponderal excessivo durante a gestação tem implicações no peso do recém-nascido. Fica clara a necessidade de outros estudos que possam indicar demais situações e fatores de risco destas variáveis maternas no peso do recém-nascido.

Keywords: gravidez, IMC pré-gestacional, ganho ponderal, peso ao nascer, recém-nascido.

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THE LESS YOU WALK THE MORE YOU SLEEP, AN ODDITY

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Background: A significant percentage of the elderly's report a lack of sleep quality (Roepke & Ancoli-Israel, 2010), which has been associated with several pathologies (Medic et al., 2017), which indicates that is a topic of interest in this life phase that needs to be scrutinized. **Objectives:** Understand the association of body composition, daily physical activity, and functional capacity with hours of sleep of older adults living in nursing homes. **Methods:** Data was collected from 47 institutionalized elderlies (61% women; 83.77±1.26 years), who took a prescription to sleep. Wrist-worn ActiGraph wGT3X-BT accelerometer was used for 3 days, collecting physical activity (step counts) and sleep for 3 nights (hours of sleep). Data regarding % body fat (Tanita2010), Handgrip strength (Camry model EH101), and BI (Barthel Index) were collected. BMI (Body Mass Index) was calculated. **Results:** Accelerometer data showed an average of 3564±375.50 step counts per day and 10.58±0.25 hours of sleep per night. Concerning morphological traits, it was observed, 27.34±1.01 BMI and, 39.48±1.94 % body fat. The average handgrip strength was 4.271 ± 0.88 Kg, and the BI score 71.91±3.90. Correlations between hours of sleep per night and step counts (rho=-0.506; p=0.00), handgrip strength (rho=-0.342; p=0.019), and Barthel index (rho=0.405; p=0.05), were found. **Conclusion:** Our data showed that elderly people with higher physical capacity and independence levels have fewer hours of sleep contradicting the scientific (Vanderlinden et al., 2020). Additional studies controlling the amount and type of sleeping prescription with and without exercise are needed.

Keywords: Elderly, Accelerometer, Sleep, Physical Capacity, Independence

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