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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 nutrient-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

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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 affectives showed that: higher levels of stress and anxiety were related to lower intake of fruits like plum queen, cherry, clementine, orange 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 be contributing for the increase in BMI.

PSYCHOSOCIAL AND SITUACIONAL INFLUENCES CHILDREN'S FOOD CHOICE

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Recent research has demonstrated that advertisements influence 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 study attitudes and behaviors that children have when faced with healthy and unhealthy food. Rare are the studies in the international literature that show a relation between psychosocial and situational variables in children's food choice. Variables that could influence behavior or attitude with children remain unclear when dealing with their food habits. Variables that could influence food choice and food consumption were organized in a model proposed by Story et al. (2002). This work seeks to offer a contribution into this question by examining different levels of analyses, with attention to inter and intrapersonal variables, which influence children's attitudes and behavior. The Study 1 was a correlational study with children focusing on their auto related consumption, scale validation of a preliminary model testing, and finally, on Study 2 was performed an experiment with 80 children to verify the strength of attitude under exposure to TV marketing. Within the analysis level study, the interpersonal level variables more directly related to the object presented a greater relationship with the behavior and attitude in relation to the consumption of healthy 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, interpersonal, situational and social conditional and cultural, is related with the choice process. Key-words: food choice, attitude, advertising, psychosocial, situational influence.

IMAGEM CORPORAL, ESTADO NUTRICIONAL E CONSUMO ALIMENTAR DE IDOSOS MATRICULADOS NOS PROJETOS SÊNIOR E UNIMAIS DA UNIVERSIDADE MUNICIPAL DE SÃO CAETANO DO SUL

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Introdução: O processo de envelhecimento e suas alterações fisiológicas influenciam a auto-imagem corporal que o indivíduo constrói ao longo dos anos, podendo sofrer mudanças devido aos comprometimentos físicos ou a distúrbios da motivação que podem afetar o comportamento nutricional e consequentemente o estado nutricional e a qualidade de vida. Objetivo: Avaliar o estado nutricional, o consumo alimentar e a imagem corporal de idosos matriculados no projeto Sênior e Unimais da Universidade de São Caetano do Sul. Métodos: Participaram do estudo 103 idosos de ambos os sexos, matriculados nos projetos Sênior e Unimais da Universidade de São Caetano do Sul. Mediram-se: peso, altura segundo as técnicas propostas por Lohmar e a circunferência de cintura. A análise da imagem corporal foi realizada utilizando a escala de silhueta proposta por Stunkard et al. O consumo alimentar foi coletado através do recordatório de 24 horas. Utilizou-se o teste de correlação linear de Pearson para verificar a relação entre o IMC, consumo alimentar e circunferência de cintura. Resultados: Os idosos tinham idade entre 60 e 87 anos, com idade média de 72,5 (DP ± 5,9), em relação ao estado nutricional 63% dos idosos apresentavam excesso de peso com o IMC médio de 29,3 kg/m² (DP ± 5), e alto risco de doença cardiovascular. A correlação entre o consumo alimentar e a circunferência de cintura foi de (r = 0,84). O consumo energético