

# CONFERENCE BOOK

5 MAJOR Scientific THEMES  
World Renowned speakers  
High Level World Institutions  
Cultural and Diverse Social Program

**Champalimaud Foundation**



COM O ALTO PATROCÍNIO  
DE SUA EXCELÊNCIA

*Presidência da República*



REPÚBLICA  
PORTUGUESA  
SAÚDE



SNS SERVIÇO NACIONAL  
DE SAÚDE

Instituto Nacional de Saúde  
Dr. Ricardo Jorge



WHO Collaborating Centre for  
Nutrition and Childhood Obesity

T1:PO330

**CHILDREN'S WEIGHT: PARENTS' PERCEPTION AND DIFFICULTIES WITH DIET AND PHYSICAL ACTIVITY**

*Pina, Emanuel<sup>1</sup>, Pissarra, Paula<sup>2</sup>, Fonseca, Cecília<sup>2,3</sup>*

<sup>1</sup> Centro Hospitalar Cova da Beira

<sup>2</sup> Research Unit for Inland Development (UDI), Polytechnic of Guarda

<sup>3</sup>cfonseca@ipg.pt

**Introduction/Aim:** Childhood obesity is a problem that our societies have been facing increasingly in recent decades. This study aims to compare the perception of parents regarding the weight of children, in the 1st Cycle of Basic Education, with the body mass index (BMI) percentile of the children and to investigate the existence of an association between the difficulties experienced by the parents in the promotion of healthy eating and physical activity in children and their perception of the child's body weight.

**Methodology:** The method used in the research was descriptive, quantitative, correlational and transversal, using a questionnaire which included a set of affirmations (likert scale) in the dimensions: diet and physical activity. The target population was the parents of all children attending the 1st Cycle of Basic Education in the schools of Portuguese county of Covilhã. This study is based on a sample of 702 parents/children.

**Results:** The children of the sample ( $n = 702$ ) aged between 6 and 13 years with an average of 8.3 years ( $s = 1.3$ ) and majority (54%) were female. It was possible to calculate the BMI for 580 children and it was observed that the majority (63.4%) presented normal weight, 22.2% overweight and 11.6% (95% CI 9% - 14.2%) obesity. The prevalence of overweight and obesity was similar among boys (34%, 95% CI 28.2% - 39.8%) and girls (33.6%, 95% CI 28.5% - 38.8%) but the prevalence of obesity is higher in boys (16%, 95% CI 11.5% - 20.5%) than in girls (8%, CI 95% 5.1% - 11%). The majority (82.6%) of the parents considered that their child had normal weight. For children with overweight only 15.5% of parents characterized their child's weight as overweight and for obese children it was observed that only 6% of parents perceive it. The kappa coefficient concordance analysis indicated that there was a weak agreement ( $K=0.378$ ,  $p<0.001$ ) between the parents' perception of the child's BMI and his BMI. The results suggest that parents who considered their child to be overweight or obese had greater difficulty in promoting healthy eating and physical activity compared to those who perceived low or normal weight.

**Conclusions, discussion and/or practical application:**

The prevalence of overweight and obesity of this study is close (33.8%) that found in the literature for the Portuguese reality (31.6%). It was concluded that the parents who perceived the weight of their child as overweight or obese showed greater difficulty in promoting healthy eating and physical activity, which is in agreement with the literature. This may be due to the fact that for many families the healthy eating and physical activity only become relevant when confronted with child's overweight or obesity. Thus, it is important to raise parents' awareness, as early as possible, of the importance of healthy eating and physical activity in the prevention and treatment of childhood obesity.

T1:PO331

**FREQUENCY OF DAILY MEALS AND BODY MASS INDEX IN YOUNG ANGOLANS**

*Vaz Freixo, Manuel João<sup>1</sup>, Idalina Amaro; Ana Maria G.R Pereira; Valdemar Salselas; António Ferraz; João Celestino*

<sup>1</sup>Universidade Jean Piaget de Angola

amgpereira@jipb.pt

**Introduction** – Malnutrition and obesity constitute a dual epidemic of Portuguese-speaking African countries in the 21st century, with implications for the health of populations. Inadequate feed presents a multifactorial etiology, where eating behaviours of young people, such as omission of meals can have consequences on their nutritional status.

**Objectives** – Evaluate the frequency of daily meals and the Body Mass Index (BMI) of young Angolans.

**Methodology** – A quantitative and cross-sectional study. A simple random sample of 370 young people (47,6% males and 52,4% females) aged 12-19 years who lived in the city of Viana - Luanda. The information on the frequency of daily meals was obtained by interview and the BMI was classified according to WHO criteria. For the statistical analysis of the results, the SPSS ® software version 19.0 (2010) was used for Windows of Microsoft®.

**Results** – In the age group of 12-14 years, 20% were underweight and 11,7% overweight / obesity. 5,6% of the young people aged 15-19 were underweight and 11,2% were overweight / obese. A significance level of 5%, it was found that the BMI presented was statistically dependent on age group ( $p = 0,004$ ) and gender ( $p = 0,005$ ). Regarding feed behaviour, 44% said they ate breakfast daily, 8,9%, 41%, 9,7%, 42,9% and 6,5% had daily meals in the middle of the morning, lunch, snack, dinner and supper respectively. There were no statistically significant differences between age group and feed behaviour ( $p > 0,05$ ), nor between BMI and the frequency of daily meals ( $p > 0,05$ ).

**Conclusion** – The results are illustrative of a sample of young Angolans characterized by the coexistence of low weight and obesity. Being healthy eating a basic requirement for human existence and therefore an inalienable condition of peoples, the establishment of strategies as a way to improve the coordination, coherence and alignment of food policies at the global level is crucial.

T1:PO332

**LONGITUDINAL STUDY OF PHYSICAL FITNESS (PF), BODY COMPOSITION (BMI) IN CHILDREN FROM FIRST TO THIRD GRADE OF ELEMENTARY SCHOOL AND PARENTS' OPINION ABOUT OVERWEIGHT**

*Guerra, Catarina<sup>1</sup>, Nunes, Célia; Rodrigues, Carlos; Martins, Júlio*

<sup>1</sup>Universidade da Beira Interior

ines.ctguerra@gmail.com

**Introduction:** This study aims to relate BMI, PF and what parents think about their children. Hypothesis 1. Are there significant differences in the BMI, Mean Strength (FM), Upper Strength (FS) and Flexibility variables, from the 1st to the 2nd year, from the 2nd to the 3rd year and from the 1st to the 3rd year? Hypothesis 2. Are there associations between the BMI and the variables of PF? Hypothesis 3. There are relationships between the children's overweight and the degree of agreement of the parents the following

