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1. INTRODUCTION

The economic growth and globalization observed in Portuguese-speaking African Countries can be translated into a change of the nutritional paradigm, with possible implications on populations' health. The present study aims to evaluate the Body Mass Index (BMI) and the frequency of daily meals of Angolans living in the City of Viana.

2. METHODOLOGY

A quantitative and cross-sectional study with a simple random sample, involving 950 Angolans (47,6% males and 52,4% females), aged 12-65 years, living in the city of Viana-Luanda. Information about the daily meal frequency was obtained through interview and the BMI was classified according to WHO criteria for the different age groups. SPSS[®] program (version 19.0) was used for statistical analysis.

3. RESULTS

It was observed that among individuals aged 12-19 years, 10,3% were underweight and 11,4% were overweight / obese. About 10,2% of adults were underweight and 26,8% were overweight / obese. It was found that BMI was statistically dependent on the age group ($p = 0,000$) and sex ($p = 0,000$). Regarding the daily meals frequency, 41% of the individuals said they had breakfast daily, achieving values of 7,4%, 38,7%, 6,5%, 43,5% e 6,5% for mid-morning snack, lunch, afternoon snack, dinner and supper, respectively. There were no statistically significant differences between the age group and the frequency of daily meals nor between the BMI and the frequency of daily meals.



Age Group		<P3 Low weight	>P3 Normal <p85	>P85 Overweight P<97	Obesity P>97	Total
		N				
12-14	N	24	83	9	5	121
	%	19,8%	68,6%	7,4%	4,1%	100%
15-19	N	14	207	19	9	249
	%	5,6%	83,1%	7,6%	3,6%	100%
Total	N	38	290	28	14	370
	%	10,3%	78,4%	7,6%	3,8%	100%

Adults		Low Weight	Normal	Overweight	Obesity I	Obesity II	Total
		N					
+20	N	59	366	107	43	5	580
	%	10,2	63,1	18,4	7,4	0,9	100

	Never or almost never	1-3 days per week	4-6 days per week	Every day
Breakfast	7,7%	13,9%	36,9%	41%
Middle of the morning	67,2%	17,7%	7,8%	7,40%
Lunch	10,7%	10,7%	39,8%	38,70%
Snack	70,0%	16,8%	6,5%	6,50%
Dinner	12,1%	7,4%	37,1%	43,50%
Supper	72,2%	16,8%	4,6%	6,50%

Table 2. Feed behaviour

Table 1. Age group and BMI- WHO

4. CONCLUSION

With this study was possible to highlight frequent omissions of some daily meals, as well as the coexistence of situations of low weight and overweight / obesity in the population. It is therefore necessary to devise strategies that increase nutritional literacy as a fundamental element in the promotion of health. So, strategies need to be developed to increase nutritional literacy as a key role in health promotion.

5. BIBLIOGRAPHIC REFERENCES

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