# Appetite, eating and smoking habits: a study in Bragança

Berta Alves[1], Milene Silva[1], Teresa Rodrigues[1], Yvonne Gomes[1], António Fernandes[2], Juliana Almeida-de-Souza[1]

[1] Departamento de Tecnologias de Diagnóstico e Terapeutica- Escola Superior de Saúde,

[2] Departamento de Ciências Exatas e Sociais- Escola Superior Agrária

Instituto Politécnico de Bragança

## I. INTRODUCTION

The literature indicates a strong relationship between smoking habits and food choices. (Chatkin et al, 2007).

## II. AIM

Study the relationship between smoking habits with appetite, consumption of coffee, alcohol, energy and macronutrient.

## IV. RESULTS

A sample of 129 employees fill the questionnaire, but only 20 completed the food recall (Table I). It was found a relation between Smoke habits and Appetite, Coffee and Alcohol Consumption (Graphic I); but the same is not true for energy and macronutrients consumption (Graphic II and III).

**Table I: Samples charatheristics**

| | | |
|---|---|---|
| n=129 | 43% ♀ Age: 41±9<br>11% Smokers<br>75% Non-Smokers<br>14% Ex-Smokers<br>57% ♂ | n=20 |
| | 55% ♀ Age: 39±10<br>20% Smokers<br>60% Non-Smokers<br>20% Ex-Smokers<br>45% ♂ | |

## III. METODOLOGY

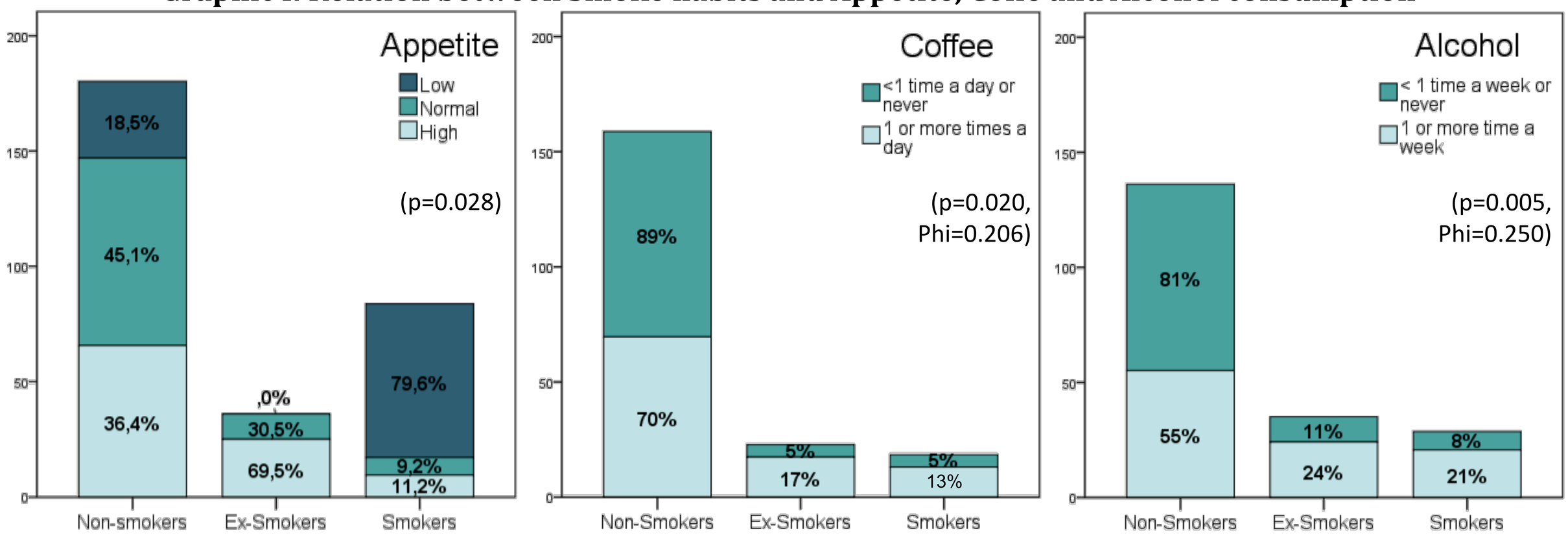
It is a cross-sectional study with employees of an institution in Bragança (Portugal) in two steps:

1. It was sent a **questionnaire**, by institutional email, about theirs **lifestyles**;
2. The respondents were invited to fill a **three days food recall**, using photography to estimate the portion size.

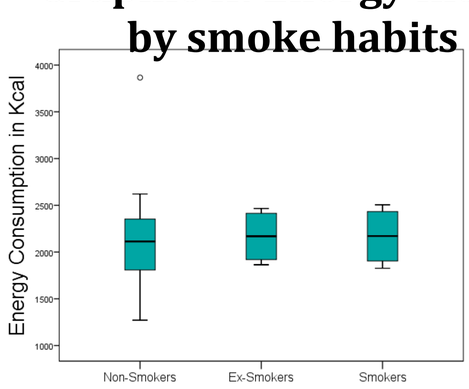
The employees lifestyles were divided between **Smokers/ Non-smokers/Ex-smokers**; High/Medium/Low **Apetite**; One or more times a day/Less than once per day **Coffe** drinks; One or more times a week/Less than once per week **Alcohol** consumption. It was estimated energy consumption in kcal and macronutrients in percentage of energy.

The data were analyzed using SPSS trough Kruskal-Wallis and Mann-Whitney and Fisher's Exact Tests.

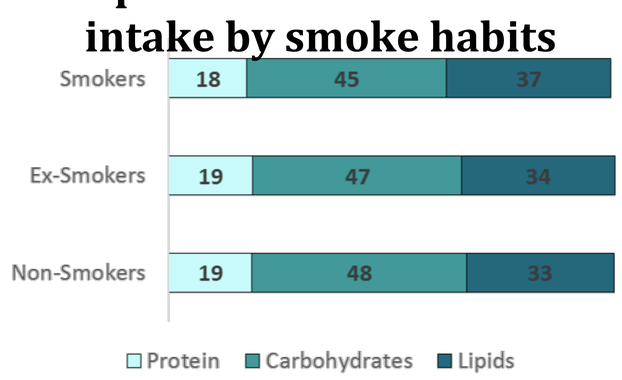
**Graphic I: Relation between Smoke habits and Appetite, Coffe and Alcohol consumption**




**Graphic II: Energy intake by smoke habits**




**Graphic III: Macronutrients intake by smoke habits**




## V. CONCLUSÃO

It was found a weak association between coffee and alcohol consumption and smoking habits. Also, ex-smokers have increased appetite. However, these increase don't reflected in a caloric increase, because the energy intake and macronutrient distribution were not related to the smoking habits.