



II INTERNATIONAL  
HEALTH CONGRESS  
GAIA-PORTO

PROMOTING HEALTH TECHNOLOGIES:  
FROM DIAGNOSIS TO INTERVENTION

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## **P42: Socio-economic status and nutritional intake in adolescents**

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**Introduction:** Studies indicate that dietary intake of adolescents is influenced by socio-economic level of the family.

**Objectives:** Compare adolescents' food consumption and anthropometry by socioeconomic status.

**Materials and Methods:** Data were collected through 3 day food diaries, anthropometric data were objectively measured. Statistical analysis was performed using IBM SPSS Statistics 22 software.

**Results and Discussion:** A sample of 63 adolescents was studied, mostly female and aged from 10 to 19 years. There were no statistically significant differences ( $p$ -value = 0.378) in the anthropometric measurements between socio economic status groups. Adolescents with lower socioeconomic status consume significantly more energy ( $p$ -value=0.033), vegetable protein ( $p$ -value =0.005), total carbohydrates ( $p$ -value=0.011) and starch ( $p$ -value=0.011).

**Conclusion:** It is concluded that adolescents' nutritional intake significantly differs between socioeconomic status groups. This study highlights the need to have public health interventions to reduce these socioeconomic differences.

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