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09^{and} 10, MAY 2014

CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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	Faculdade de Saúde Pública da Universidade de São Paulo Av. Doutor Arnaldo, 715 01246-904 - São Paulo, SP - Brasil	E-mail: revsp@usp.br
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FISH CONSUMPTION IN COLLEGE STUDENTS

Adriana Silva^{1,a}, Andreia Rodrigues^{1,b}, Daniela Martins^{1,c},
António Fernandes^{1,II,d}, Vera Ferro-Lebres^{1,e}

¹*Escola Superior de Saúde. Instituto Politécnico de Bragança. Portugal*

^{II}*Escola Superior Agrária. Instituto Politécnico de Bragança. Portugal*

^{III}*Centre of Transdisciplinary Development Studies. Universidade de Trás-os-Montes e Alto Douro. Portugal*

Introduction: Fish is an important part of a healthy diet, the possibility of substituting meals with a higher content of saturated fat raising cardiovascular diseases risk, by meals with fish has innumerable health benefits.

Objective: This study aimed to study the consumption of fish in higher education students, and its socio demographic cofactors.

Methods: A sample of 238 Portuguese higher education students was used in a cross sectional study. A questionnaire regarding socio demographic and fish consumption habits was used. Statistical data analysis was performed using Statistical Package for Social Sciences, version 21.0. Kolmogorov-Smirnov with Lilliefors correction, Levene, Wilcoxon and Kruskal-Wallis, were the tests used.

Results: Results revealed that females and students from up-country have a significantly higher consumption of fish. It was also evident that students consume significantly more fish when eating out.

Conclusions: These data were consistent with previous researches that concluded that women consume significantly more fish and other healthy food items, like fruits and vegetables. These results suggest that the contexts of a fishy diet in higher education students are not the same as for adults. Further studies regarding the determinants of a healthy diet as a whole are needed.

Descriptors: Fish Consumption; Diet; Students; Health; Portugal.

^a a23677@alunos.ipb.pt

^b a23686@alunos.ipb.pt

^c a23692@alunos.ipb.pt

^d toze@ipb.pt

^e vferrolebres@ipb.pt

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**BODY IMAGE AND BODY COMPOSITION
IN STUDENTS FROM TWO SECONDARY
EDUCATION SCHOOLS OF BRAGANZA CITY,
PORTUGAL**

Filipa Rebelo^{1,a}, Marisa Santos^{1,b}, Vera Ferro-Lebres^{1,c},
António Fernandes^{1,II,d}

¹*Escola Superior de Saúde. Instituto Politécnico de Bragança. Portugal*

^{II}*Escola Superior Agrária. Instituto Politécnico de Bragança. Portugal*

^{III}*Centre of Transdisciplinary Development Studies. Universidade de Trás-os-Montes e Alto Douro. Portugal*

Introduction: Adolescence is a period of life characterized by physical, emotional and social changes. The changes observed in the look and body composition lead to a restructuring of body image.

Objective: To study the correlation between body image and body composition (% of fat mass) in adolescents from two high schools located in Braganza city, Portugal.

Methods: A cross-sectional, quantitative, observational and analytical study was developed. To carry out this study, a sample of 282 adolescents was collected. These adolescents were aged between 15 and 19 years, and were enrolled in the academic year (2012/2013). The adolescents were assessed for body image through the Body Image Questionnaire; and, the distribution of fat mass was measured using SECA bioelectrical impedance balance. To do the data treatment, SPSS 21.0 statistical program was used as well as the Spearman test.

Results: The average body fat percentage was higher in females (27.7%) compared to males (19.2%). Females showed a higher prevalence in all categories of body image distortion. And among the female students, 14.5% had a minor distortion, 9.9% had a moderate distortion and 6.9% had a severe distortion. Among the male students, 3.3% had a minor distortion, 4.6% had a moderate distortion and 2.0% had a severe distortion. A moderate correlation between body image and body fat percent was observed (Spearman correlation coefficient =0.535).

Conclusions: Female adolescents had a mean of body fat percentage above the male gender. There was found a moderate correlation between body image and body fat percentage.

Descriptors: Adolescents; Body image; Body composition; Secondary education; Braganza city, Portugal.

^a filipa.rebelo@live.com.pt

^b marisasantos12@hotmail.com

^c vferrolebres@ipb.pt

^d toze@ipb.pt