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18. OBESITY AFTER CONFINEMENT DUE TO PANDEMIC BY COVID-19 IN GUINEA-BISSAU: GRADE ASSESSMENT AND HOW TO MAKE THE RECOVERY.

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INTRODUCTION: The COVID-19 pandemic is posing a very serious challenge as entire populations have been asked to restrict their social interactions and in many countries even to self-isolate and home-confinement for several weeks to months. This period of restricted movement affects all citizens regardless of age, sex, and ethnicity. It forces people, even the youngest and fittest, to become suddenly inactive and adopt sedentary behaviors (2).

Overweight and obesity is a global problem. In reality, obesity is a complex disease caused by genetic, biological, economic, environmental, psychosocial, and behavioral determinants (4).

The global health authorities, both locally as well as at the federal level, need to be prepared to face the likely increase in obesity during and immediately after the end of the pandemic.

For this purpose, we propose to study the prevalence of obesity among adults 20 to 65 years of age presently living within the Bissau city, and to make guidelines and advise participants regarding weight loss and/or maintenance.

We will stand to be the first assessing the growing problem of obesity in Guinea-Bissau and to evaluate the quarantine impact on obesity prevalence, in addition to providing guidelines, for weight lost and/or maintenance.

METHODOLOGY: However, we aim to assess the prevalence of obesity post-quarantine by assessing anthropometry: Body mass index (BMI), combine with Waist circumference and Waist-to-hip ratio (WHR) (4, 22). This measurement will be accompanied by an adapted IPAQ (International Physical Activity Questionnaire) (23).

To prevent people from becoming obese, and increase levels of physical activity and healthy eating, (5), guidelines will be develop and delivered by personal cellphone with step by step physical exercise advice, detailing each kind of exercise for each purpose and a day-by-day advice of healthy nutritional status and vegetables consumption (24, 25).

19. NUTRITION-RELATED KNOWLEDGE IN A SAMPLE OF PORTUGUESE HEALTHCARE PROFESSIONALS

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INTRODUCTION: Food pattern can influence an individual's health status. One of the factors that influence diet behavior is nutrition-related knowledge. Although individuals benefit from dietary counseling, many healthcare professionals seldom have the knowhow to advise patients on nutrition-related features.

The aim of this study was to evaluate nutrition-related knowledge in a sample of Portuguese Healthcare Professionals.

METHODOLOGY: Distinct Healthcare Professionals (nurses; doctors; physiotherapists; [n= 38, 86.8% female, mean age: 40.1± 9.8 years]) from a Portuguese Local Health Unit, took part in this volunteered study. Nutrition-related knowledge was assessed using the Portuguese reduced version of the Nutritional Knowledge Questionnaire. This version of the questionnaire consists of three sections (dietary recommendations [0-6 points]; sources of nutrients [0-34 points]; diet-disease relationship [0-16 points]), totaling a maximum score of 56 points. All participants gave their informed consent, and this work was approved by the ethics committee of the Local Health Unit.

RESULTS: Our results indicate that 63.2% of Healthcare Professionals search for nutrition information less than once a month and 21% reported that took nutrition courses in addition to their basic training. Total score of the Portuguese reduced version of the Nutritional Knowledge Questionnaire was 30.8 ± 7.2 points.

CONCLUSIONS: This sample of Portuguese Healthcare Professionals demonstrated reasonable nutrition-related knowledge. Interest in seeking information about nutrition was not evident and there was a low demand for the enhancement of nutrition-related knowledge. The integration of nutrition professionals in multidisciplinary teams could be a solution for the improvement of nutrition-related knowledge.

20. BARREIRAS E FACILITADORES PERCEPCIONADOS PELOS PROFISSIONAIS DE SAÚDE DOS CSP NA ABORDAGEM À PRÉ-OBESIDADE: UM ESTUDO QUANTITATIVO BASEADO NA TDF

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INTRODUÇÃO: A responsabilidade de promover estilos de vida saudáveis e prevenir a obesidade no nosso país recai, primariamente, nos Cuidados de Saúde Primários (CSP). Contudo, a abordagem ao excesso de peso nos CSP não tem alcançado o sucesso desejado e as estratégias atualmente utilizadas pelos profissionais de saúde não estão uniformizadas, apesar de existirem algumas linhas de orientação gerais. A *Theoretical Domains Framework* (TDF), uma síntese de teorias de mudança comportamental, é usada para identificar as dificuldades percebidas pelos profissionais de saúde na implementação de *guidelines*. Este estudo, baseado na TDF, tem como objetivo explorar as barreiras e facilitadores percebidos pelos profissionais de saúde dos CSP na abordagem à pré-obesidade.

METODOLOGIA: Foi desenhado um estudo quantitativo do tipo *survey*, transversal. As questões do questionário, baseadas nos 14 domínios de determinantes comportamentais da TDF, exploram explicações para as dificuldades de implementação por parte dos profissionais de saúde, de duas orientações da DGS na abordagem à Pré-obesidade: mudança de hábitos alimentares e aumento da atividade física. O questionário foi enviado online (Plataforma Qualtrics™) a todos os ACeS a nível nacional – todos os médicos (especialistas e internos de MGF) e enfermeiros com *e-mail* registado no local de trabalho, foram convidados a participar no estudo.

RESULTADOS - WORK IN PROGRESS: A recolha de dados decorre atualmente nos ACeS das 5 ARS do país. Os resultados preliminares (N=194) permitiram-nos identificar as principais barreiras e facilitadores que os profissionais de saúde dos CSP percebem na abordagem à pré-obesidade (e.g. fatores associados ao contexto; recursos ambientais).

CONCLUSÕES: Os profissionais de saúde dos CSP enfrentam um grande desafio na implementação das orientações para promover a perda de peso