

---

# 1<sup>st</sup> World Congress of Children and Youth Health Behaviors / 4<sup>th</sup> National Congress on Health Education

Viseu-Portugal, 23-25 May 2013

## SCIENTIFIC PROGRAMME

### THURSDAY 23 MAY 2013

---

- 08:30            **Opening of the Secretariat**
- 09:00 – 09:45   **Opening Ceremony**
- 09:45 – 10:45   **Plenary Conference 1: In the context of crisis - What policies to promote health in Portugal?**  
*Francisco George* - Director General Health - Portuguese Ministry of Health
- 11:15 – 12:45   **Parallel Session 1**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 14:30 – 15:30   **Plenary Conference 2: The importance of communication in the field of health promotion**  
*M. Gaspar de Matos* - WHO / HBSC (Health Behavior in School-Aged Children)
- 15:30 – 17:00   **Parallel Session 2**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 17:15 – 18:45   **Parallel Session 3**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 19:30            **Welcome reception**
- 21:00            **Theatre Session/Concert**

### FRIDAY 24 MAY 2013

---

- 09:30 – 10:30   **Plenary Conference 3: Sexuality in schools: The importance of work in community**  
*Félix López Sánchez* - Salamanca University - Spain
- 10:45 – 11:45   **Plenary Conference 4: A good start in life and early prevention: Policy, evidence-based programs and monitoring methods in Sweden**  
*Matthew X. Richardson, Anna Jansson, Pi Högberg* - Swedish National Institute of Public Health
- 11:45 – 13:15   **Parallel Session 4**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 14:30 – 15:30   **Plenary Conference 5: Childhood obesity in the WHO European Region: A challenge within a context of economic crisis**  
*João Breda* - Programme Manager, Nutrition, Physical Activity and Obesity - World Health Organization: Regional Office for Europe
- 15:30 – 17:00   **Parallel Session 5**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 17:15 – 18:45   **Parallel Session 6**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 20:00            **Congress Dinner**

## SATURDAY 25 MAY 2013

---

- 09:30 – 10:30 **Plenary Conference 6: Non-fatal Suicidal behaviors in adolescence**  
*Carlos Brás Saraiva* - University of Coimbra - Portugal
- 11:00 – 12:30 **Parallel Session 7**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 14:30 – 15:30 **Plenary Conference 7: Ban tobacco advertising, promotion and sponsorship: Protecting children and youth**  
*S. Belo Ravara* - Tobacco Control Committee of the European Respiratory Society
- 15:30 – 17:00 **Parallel Session 8**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 17:15 – 18:30 **Parallel Session 9**  
Symposium Session / Workshops Session / Oral Communications / Poster Session
- 18:30 **Closing Ceremony**

Organizers	
	Superior School of Health of Viseu <a href="http://www.essv.ipv.pt/">http://www.essv.ipv.pt/</a>
	Polytechnic Institute of Viseu <a href="http://www.ipv.pt/">http://www.ipv.pt/</a>
	University of Évora <a href="http://www.uevora.pt/">http://www.uevora.pt/</a>
	University of Trás-os-Montes e Alto Douro <a href="http://www.utad.pt/">http://www.utad.pt/</a>
	MISIJ - PTDC/CPE-CED/103313/2008 <a href="http://misij.essv.ipv.pt/">http://misij.essv.ipv.pt/</a>

Sponsors				
				

their own growth charts. In 2012 was developed a percentile curves for waist circumference for Portuguese adolescents.

**Objectives:** This study compared the criteria classification for waist circumference curves established for Portuguese adolescents with abdominal percentile table for teenagers Americans and Europeans.

**Methods:** The sample consisted of 966 students the region of the Algarve, being 45.2% of masculine gender and 54,8% of gender females, aged between 10 and 16 years ( $12.2 \pm 1.5$ ). The values of waist circumference were related to waist circumference percentile table for Portuguese adolescents (Sardinha et al, 2012) and for European American adolescents (Fernández, 2004).

**Results:** The waist circumference classification of Sardinha and Fernández showed a prevalence of 24 (2.5%) and 18 (1.9%) students with thinness, 545 (56.4%) and 569 (58.9%) with normal weight, 182 (18.8%) and 223 (23.1%) with overweight and 215 (22.3%) and 156 (16.1%) with obesity, respectively. Of the 24 (100%) students with thinness classified by Sardinha's table 11 (45.8%) were classified as thin, 12 (50%) with normal weight and 1 (4.2%) with overweight by Fernández. Of the 182 (100%) students with overweight by Sardinha classification, 140 (76.9%) revealed overweight and 42 (23.1%) normal weight by Fernández table. Of the 215 (100%) students classified as obese by Sardinha's table, 152 (70.7%) showed obesity, 59 (27.4%) overweight and 4 (1.9%) normal weight ( $k = 0.732$ ;  $CI = 0.36-1.1$ ;  $p < 0.001$ ).

**Conclusions:** The new waist circumference reference data established for Portuguese adolescents have a good agreement with previously used in European and American population.

#### THE RELATIONSHIP WITH THE AUTISTIC CHILD: COMPARISON BETWEEN THE CLASS TEACHER AND THE SUPPORT TEACHER'S PERCEPTIONS

Laura Elvira Prino, Michele Settanni, Tiziana Pasta

*Department of Psychology. University of Turin. Italy.*

*Contact details: lauraelvira.prino@unito.it*

**Introduction:** Various studies show that a good teacher-child relationship promotes the child's emotional, social and cognitive development, especially in the early years of schooling for children with difficulties adjusting to school.

**Objectives:** The aim of this study is to investigate and compare the class teacher and the support teacher's perceptions of the relationship formed with pupils with autism spectrum disorders (ASD) attending infant school or the first three grades of primary school.

**Methods:** Fourteen classes were involved in the study. One child with autistic spectrum disorder was present in each class. For each class, four typically developing children were drawn, for a total of 56 pupils. For each class, two female teachers were involved: the regular class teacher and the support teacher. The relationships were investigated using the Student-Teacher Relationship Scale (Pianta, 2001).

**Results:** The class teachers' perception of relationship with ASD pupils and typically developing children is different. Relationships with ASD children are characterized by higher conflict levels ( $t = -3.317$ ;  $df = 14.931$ ;  $p < .01$ ) and lower closeness scores ( $t = 5.638$ ;  $df = 65$ ;  $p < .001$ ). Support teachers report higher levels of closeness and lower levels of conflict, if compared to their colleagues who work with the class group.

**Conclusions:** The results seem to underline a deeper sensitivity and attention by the support teacher towards children with ASD, if compared to the class teacher, who has to manage the whole group of children. The support teacher can favor the establishment of a more positive relationship with the curricular teacher and the other classmates, thus promoting the autistic child's well-being within the classroom.

#### QUALITY OF LIFE OF SIBLINGS OF CHILDREN/ ADOLESCENTS WITH AUTISM

Rosa Martins, Inês Pais, Carlos Albuquerque

*Escola Superior de Saúde de Viseu.*

*Contact details: rmartins.viseu@gmail.com*

**Background:** In a national context, studies conducted in the field of quality of life of siblings of children / adolescents with autism are scarce, which reinforces the relevance of new research in order to realize, on the one hand, what is the real impact it has on an autistic child within the family and, on the other, so that one can develop new strategies of action in order to mitigate these effects. In this assumption, the present study aims to: understand the quality of life of siblings of children/adolescents with autism and determine associations between sociodemographic, family and psychosocial variables and different areas of the same QoL.

**Methods:** This is a non-experimental, descriptive and cross-sectional study of a triangulated nature, attended by 68 siblings of people with autism enrolled in the APPDA-Viseu. For the variables measurement a questionnaire was used in order to collect information on sociodemographic data and a scale to assess quality of life in children and adolescents (Portuguese version of the Kid-screen instruments).

**Results:** Of the analysis made we concluded that the QoL of siblings of children/adolescents with autism is very satisfactory ( $M = 67.51$ ) for the majority, being the highest values linked to the dimensions, provocation, economic issues and general mood. In contrast the aspects most affected are the leisure time, friendships and school environment. We also verified that the global QoL is higher in boys between 7 and 12 years, attending the 1st and 2nd cycles of Education, whose knowledge was given by elements other than the parents and those who do not feel disadvantaged.

**Conclusions:** The evidence found in this study confirms the multiplicity of factors involved in QoL: they invite us still to reflect on new strategies that allow us to obtain a better understanding that facilitates the establishment of intervention programs, of training and information, aimed at promoting the quality of life of these subjects.

#### FOOD HABITS OF ADOLESCENTS

Maria Filomena Sousa, Maria Augusta Mata, Maria Helena Pimentel, Eugénia Anes

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

*Contact details: augustamata@ipb.pt*

Aiming to evaluate the prevalence of obesity and get acquaintance with the food habits of adolescents in 2 secondary schools of Bragança, and to analyse the differences in food habits between obese and non obese.

**Methods:** We developed a descriptive and cross-sectional study in a sample of 281 adolescents.

**Results:** 68.30% of the adolescents have normal weight (BMI < percentile 85), 24.9% have excess of weight (BMI percentile > 85 < 95) and 6,8% are obese (BMI > percentile 95). Results show that most of the adolescents have few meals in a day, have consumption of fat rich products (chips 9 and carbohydrates and they mainly have their meals at home or at the canteen. The family is who most influences their food, while the influence of health professional (nurse or doctor) has less expression. The majority of the teens, 70.46% considers itself as normal weighted, 18.86% think they are fat and 10.68% think themselves as being thin. Results also show that 53.93% of the adolescents with excess of weight or obese, think themselves as being normal; 44.94% say that they are fat and 1.12% say that they are thin. The ones who are non obese,

78.13% consider themselves as normal, 15.10% think they are thin and 6.77% think they are fat.

**Conclusions:** We concluded that more actions in education for health and intervention in this group of population is needed.

### RISK BEHAVIOURS AMONG A PORTUGUESE SAMPLE OF ADOLESCENTS

Carlos Pereira<sup>a</sup>, Odete Amaral<sup>a</sup>, Nélio Veiga<sup>a,b</sup>, Cláudia Chaves<sup>a</sup>, Marco Baptista<sup>a</sup>, Paula Nelas<sup>a</sup>

<sup>a</sup>*CI&DETS. Polytechnic Institute of Viseu.* <sup>b</sup>*Department of Health Science. Universidade Católica Portuguesa. Portugal.*

Contact details: [nelioveiga@gmail.com](mailto:nelioveiga@gmail.com)

**Background:** During the transition from childhood to adulthood, adolescents establish patterns of behaviour and make lifestyle choices that affect both their current and future health.

**Objectives:** The objective of this study was to determine the prevalence of risk behaviours in a sample of adolescents.

**Participants and methods:** A sample of 309 adolescents (66.9% female gender) aged 12 to 19 years old, attending a public school in Sátão, Portugal, was enrolled in this cross-sectional study. A self-administered questionnaire with questions about adolescent socio-economic status and risk behaviours was answered by adolescents in the classroom. Prevalence was expressed in proportions and compared by the Chi-square test.

**Results:** The prevalence of affirmative response to the question "Do you consume alcoholic beverages?" was 36.9%, higher among the male (42.1% vs 34.2%,  $p < 0.01$ ). The prevalence of consumption of sugary beverages was 89.9%. The prevalence of smoking habits among adolescents was 32.6%. Forty-four point three percent refer not eating vegetables daily, while 34.7% do not eat fruit daily. When assessing physical exercise, 53.6% of the adolescents refer no sports practice, higher among the female gender (70.5% vs 34.6%,  $p < 0.001$ ). The prevalence of insomnia was 18.6%, lower in adolescents under 16 years old ( $p = 0.04$ ). The prevalence of difficulty initiating sleep, difficulty maintaining sleep, early morning awakening with difficulty getting back to sleep, non-restorative sleep was 9.7%, 4.3%, 4.0% and 7.0%, respectively.

**Conclusions:** We found a high prevalence of risk behaviours among adolescents. Health promotion behaviours should be considered in school programs in order to decrease the risk of development of diseases during adolescence and adulthood.

### SOCIAL ANXIETY IN ADOLESCENCE: PREVALENCE AND IMPACT

Maria do Céu Salvador, Maria João Martins, Sandra Vieira, Raquel Carvalho

*Faculty of Psychology and Education Sciences. Coimbra University. Portugal.*

Contact details: [martins.mjrv@gmail.com](mailto:martins.mjrv@gmail.com)

**Introduction:** The nature of social phobia (SP) makes it difficult for adolescents and their caretakers to seek professional help, therefore leaving them unnoticed and unattended. Few studies in Portugal have addressed the prevalence and impact of high social anxiety (SA) in adolescents.

**Aims:** This study aimed to address the prevalence of high SA in an adolescent community sample (CS) and the impact and comorbidity in adolescents with high SA in a CS and clinical sample.

**Methods:** Prevalence rates were calculated using progressively more restrictive and cumulative criteria based on social anxiety, avoidance and disability in a sample of 1.154 portuguese adolescents of the general population (Age:  $M = 15.73$ ;  $DP = 1.32$ ). Adolescents with SP ( $N = 37$ ) and adolescents with other anxiety

disorders (OAD) ( $N = 25$ ) were compared. All subjects completed measures of social anxiety and avoidance (SAASA), disability (SDS), and depression (CDI). Adolescents with SP and ODA were also assessed for quality of life (QL) (KidScreen-27), comorbidity (ADIS-C), and interference perceived by the parents (SDS-P).

**Results:** In the CS, 13.2% presented significant levels of SA; 8.8% also showed significant social avoidance; 6.6% fulfilled the two previous criteria and also reported significant disability, 74% of which presented significant depressive symptomatology. Compared with OAD, adolescents with SP reported significantly lower QL, significant impairment in social and academic performance due to SA, and higher comorbidity. Interestingly, parents and adolescents agreement on SA interference was low to very low.

**Conclusions:** SP is a high prevalent disorder in adolescence and its impact is significantly higher than that of OAD. Despite its tendency to go unnoticed, it should deserve our full attention.

### I KNOW, SO I DO! RELATIONSHIP BETWEEN LITERACY AND METABOLIC CONTROL IN PATIENTS WITH TYPE I DIABETES

Margarida Varela<sup>a</sup>, Laura Andrade<sup>a</sup>, Marta Maia<sup>b</sup>

<sup>a</sup>*Instituto Piaget/ISEIT.* <sup>b</sup>*Centro em Rede de Investigação em Antropologia (CRIA). Portugal.*

Contact details: [margaridavarela@gmail.com](mailto:margaridavarela@gmail.com)

**Introduction:** Type 1 diabetes is a highly prevalent chronic disease with a complex daily management. Patient understanding and participation is vital in the treatment of diabetes, as blood glucose levels change and must be monitored throughout the day. In a disease like the type 1 diabetes, whose treatment requires the individual to gain a variety of self-management behaviours and the ability to perform calculations, essential in the determination of insulin, numeracy levels are decisive for the success of therapies and metabolic control (White, Wolff, Cavanaugh, & Rothman, 2010).

**Objectives:** Assess the relationship between health literacy and metabolic control in patients with type 1 diabetes.

**Methods:** This is a quantitative descriptive and correlated study with a non-probability convenience sample of 61 patients with type 1 diabetes. The evaluation protocol includes sociodemographic and clinical questionnaire and the test Newets Vital Sign (Santos, 2007).

**Results:** We found that the health literacy influences significantly the metabolic control ( $p = 0.000$ ) and that 44.3% of the diabetic patients had low levels of health literacy.

**Conclusions:** The results enhance the need to consider the health literacy in the study of the adherence to the treatment. Chronic illness presumes specific experience, in that it does not disable but requires daily health care because of the incapacity it may cause. The individual cannot get rid of the illness and its existence, being left with the agency, which is represented in various strategies to integrate the chronic illness in his daily life.

### THE ITALIAN SITUATION OF OVERWEIGHT AND OBESITY IN CHILDHOOD: A PROBLEM WITH EPIDEMIC PROPORTIONS IN THE WORLD

Danila Basso, Maria Avolio, Tiziana Sabetta, Silvia Longhi, Marta Marino, Antonio Giulio de Belvis, Roberto Falvo

*Department of Public Health. Università Cattolica del Sacro Cuore. Rome. Italy.*

Contact details: [danila.basso@gmail.com](mailto:danila.basso@gmail.com)

**Introduction:** The epidemic of obesity and overweight are two of the greatest challenges of the 21st century.

**Objectives:** The aim of the study was to investigate the situation of the problem of obesity and overweight in 8-9 years old Italian children.