

P77: Body Mass Index and physical activity in diabetic adolescents followed in nutrition consulting at Hospital Barcelos

Maria Neto, Helena Cunha, Mariana Pereira, Susana Pinto, António Fernandes, Ana Pereira

¹Department of Diagnosis Technologies and Therapeutic, School of Health, Polytechnic Institute of Bragança, Portugal

²Department of Exacta and Social Sciences, School of Agriculture, Polytechnic Institute of Bragança, Portugal

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Introduction: Physical activity is related to health and lifestyle and should be part of the daily routine of all individuals since it brings many benefits to the body.

Aims: To study the adolescent population's body mass index (BMI). To study the relation between physical activity and gender.

Materials and Methods: We performed a quantitative, observational, analytic and cross-sectional study. After the use of exclusion criteria, a sample of 36 individuals was selected from a population of diabetic adolescents. A validated questionnaire was applied to collected physical activity and personal data. SPSS 22.0 was used to analyse data. The chi-square test was applied to study the relation between the level of physical activity and gender; Fisher's exact test was applied to study the relation between level of physical activity and BMI;

Results and Discussion: The chi-square test showed a significant relation between level of physical activity and gender (p -value=0.018) with moderate intensity (ϕ =0.4), which corroborates other national and worldwide studies. The ratio of boys who practices physical activity (10) is statistically different from the girls' ratio, because it's superior in boys. Therefore, the male gender was the one that demonstrated a relation with physical activity. Fisher's exact test showed no relation between BMI and the level of physical activity (p -value=0.646).

Conclusion: 86.1% of the sampled diabetic adolescents are eutrophic, and 66.7% are considered insufficiently active. A significant relation was found between gender and level of physical activity, namely, in the male gender. No relation was found between BMI and level of physical activity.

References

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