

#### ASSESSMENT OF BODY IMAGE DISSATISFACTION IN CHILDREN AND ADOLESCENTS OF WHITE VS BLACK COMMUNITY LIVING IN PORTUGAL

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Although the perceived Body Image (BI) presents different patterns either depending on race or ethnicity; social, cultural and family factors can influence the self-assessment. **OBJECTIVES:** To evaluate the BI children/adolescents of white vs black community living in Portugal. **MATERIAL AND METHODS:** 112 children/adolescents: 52 black (RN)-Barreiro / Montijo and 60 Caucasians (RB) from Porto. The dissatisfaction of the BI was obtained by the difference among the chosen BI, the one that they would have to have and the underestimation by the difference between the BI that they consider to have and the one that corresponds to the real BMI. The Body Mass Index (BMI) (CDC) was used to characterize the nutritional status. The sample was divided according to chronological age (A:  $\geq 6$  and  $\leq 9$  years B:  $> 9 \leq 12$ ). Results are presented by mean and standard deviation. **RESULTS:** It is observed a high percentage of overweight / obesity in children / adolescents that are Caucasian (RB = 35%, RN = 2%) and 21% of children / adolescents have a newborn weight below the 10th percentile. The BI dissatisfaction is greatest among children/adolescents that are older than the ones that are white (B: RN =  $0.19 \pm 0.75$ , RB =  $0.72 \pm 1.31$ ) without significant differences when considering the age group (B:  $p = 0.145$ ) and younger black (A: RN =  $0.65 \pm 1.43$ ; RB =  $0.48 \pm 1.23$ ) without significant differences between age groups (A:  $p = 0.395$ ). The underestimation of BI is higher in the RB vs RN (A: RN =  $1.00 \pm 1.6$  and RB =  $-0.81 \pm 1.1$ ; B: RN =  $0.38 \pm 0.8$  and RB =  $-0.38 \pm 1.05$ ) with significant differences when considering the age group from both ethnic groups (A:  $p < 0.001$  and B:  $p = 0.007$ ). **CONCLUSIONS:** Although body dissatisfaction is verified in both ethnic groups, the high percentage of overweight/obesity, as well as socio-cultural influences in Caucasians may explain these findings as well as higher levels of dissatisfaction and underestimation of body image.

#### PERCEPTIONS ABOUT THE CONCEPT OF NUTRITION AMONG GRADUATE STUDENTS

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**Introduction:** The human behavior is based on the interpretation that they make of reality from their experiences and perceptions in the context which they live. These are provisional as they change with the acquisition of new information, and are built from knowledge and practice in nutrition and health, influencing the nutritionist praxis. **Objective:** To compare the perceptions about the concept of Nutrition on graduate course students of years 2008 and 2009. **Methods:** Was realized an exploratory research of qualitative and quantitative approach with students on sixth semester of years 2008 and 2009, from a Nutrition graduate course, in São Paulo - Brazil. We used a questionnaire to gather perceptions data in cognitive field. To the analysis, the technique of qualitative interpretation of the Collective Subject Speech, which proposes to organize the testimonials in a

synthesis speech as an expression of collective thought, was used. **Results:** There were 131 students, with mean age (SD) 20.8 (1.4) years, in 2008 and 21.7 (1.7) years, in 2009, predominantly female. Among the central-ideas categories to the testimonials, stood out: "Nutrition is a science that studies the physiological aspects of nutrition in human body" (25.8% in 2008 and 19.1% in 2009), "to study the human-food relationship from social, cultural, psychological and behavioral viewpoints" (25.2% in 2008 and 18.0% in 2009) and "Nutrition as an important aspect of the health promotion" (6.9% in 2008 and 19.1% in 2009). **Conclusion:** The perception about the concept of Nutrition among students of both years reflected the emphasis on content from biological to behavioral, highlighting health promotion, which demonstrates the adequacy of their ideas to the course structure.

#### AVALIAÇÃO NUTRICIONAL, CONSUMO ALIMENTAR E IMAGEM CORPORAL DE IDOSOS MATRICULADOS NOS PROJETOS SÊNIOR E UNIMAIS DA UNIVERSIDADE DE SÃO CAETANO DO SUL - USCS

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**Introdução:** O processo de envelhecimento é acompanhado de alteração na composição corporal, que frequentemente influencia a auto-imagem corporal que o indivíduo constrói ao longo dos anos, podendo sofrer ainda alterações em razão de comprometimentos na saúde e no estado nutricional. **Objetivo:** Avaliar o estado nutricional, o consumo alimentar e a imagem corporal (IC) de idosos que frequentam Universidade Aberta a Terceira Idade. **Métodos:** Participaram do estudo 103 idosos de ambos os sexos matriculados nos Projetos Sênior e Unimais da Universidade Municipal de São Caetano do Sul - São Paulo, Brasil. Para avaliar o estado nutricional foram medidos peso, altura e circunferência abdominal (CA). Para avaliação da Imagem Corporal, os idosos responderam à Escala de Desenhos de Silhuetas (Stunkard e col 1983), com a finalidade de avaliar a percepção corporal atual (IC atual), a desejada (IC desejada) e o nível de satisfação da forma corporal (NS). Para avaliar consumo alimentar foi utilizado recordatório 24 horas. As análises realizadas utilizaram estatística descritiva (frequência, média e desvio-padrão) e estatística inferencial paramétrica (correlação de Person). **Resultados:** Do total, 87,3% são mulheres e 12,7% homens. A idade média foi de  $67,5 \pm 5,9$  anos. Em relação ao estado nutricional 63,1% apresentaram excesso de peso, 31,1% peso adequado e 5,8% baixo peso, a média do IMC foi  $29,3 \pm 5$  kg/m<sup>2</sup>. Houve alta correlação entre o IMC e CA ( $r=0,84$ ), com o aumento do IMC aumentou a CA, 81,1% das mulheres e 46,2% dos homens apresentaram risco muito elevado para DCV. O consumo energético médio do grupo foi  $1410,56 \pm 672,54$  kcal/dia, com consumo excessivo de proteína e deficiente em cálcio. Em relação à imagem corporal, 38,5% dos homens e 31,7% das mulheres apresentaram distorção na IC atual. Com relação ao nível de satisfação da IC, 77,5% das mulheres e 69,2% dos homens estavam insatisfeitos com o seu corpo pelo excesso de peso.

#### BEHAVIOR OF NUTRITION STUDENTS UNDER THE INFLUENCE OF KNOWLEDGE ACQUIRED DURING THE COURSE

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