BOOK OF
ABSTRACTS

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21239 | Adherence to the Mediterranean dietary pattern

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Abstract

The Mediterranean Dietary Pattern (MDP) is internationally recognized as one of the healthiest diets, since lots of benefits have been associated with it, such as less cardiovascular and other chronic diseases. This study aimed to study sociodemographic and lifestyle characteristics of Portuguese adults associated with the adherence to the MDP. A sample of Portuguese adults (≥18 years) was assessed by questionnaire: socio-demographics (sex, age, education); lifestyles (physical activity, screen time and sleeping hours) and adherence to the MDP (Portuguese version of the Prevention with Mediterranean Diet tool; PREDIMED). The sample comprised 332 participants (63.4% females) with mean age of 48 years (range: 18 to 98). About one third (34.7%) had higher education and 22.2% reported less than high school educational level. Half of the sample (48.9%) reported practicing physical activity weekly and the average daily time of sleeping was 7 hours and 15 minutes. About two thirds (68.2%) reported to know what MDP is, but only 35.7% revealed a good adherence to it. Females and males didn't differ significantly regarding PREDIMED's score (mean = 8.6 vs. 8.4, p = 0.303). A higher level of adherence to the MDP was associated with older age (r =0.212, p<0.001) and less time dedicated to sedentary activities with technology (r=-0.130, p=0.018). A higher proportion of the participants who reported knowing what the MDP is had good adherence to it (43.2% vs. 19.8%, p>0.001). No significant associations were found between the adherence to the MDP and education (r=0.091, p=0.098), physical activity level (r=-0.027, p=0.737) or sleeping hours (r=-0.082, p=0.137). However, higher age, knowing what the MDP is and screen time were associated with the adherence to the MDP. This work intends to contribute towards target interventions to increase the adherence to MD in Portugal.

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