

P93: INTERACTION EFFECTS OF SOCIOECONOMIC POSITION IN THE ASSOCIATION BETWEEN EATING LOCATION AND CHILDREN AND ADOLESCENTS' DIETARY ADEQUACY

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INTRODUCTION: The eating location (EL) influences the eating habits of younger populations, and some eating places might be related to better eating habits.

OBJECTIVES: To assess the influence of socioeconomic position in the EL and their relation with dietary adequacy, in children and adolescents.

METHODOLOGY: This study included children and adolescents from the National Food, Nutrition and Physical Activity (IAN-AF 2015-2016, n=1153). Dietary intake was obtained by two non-consecutive food diaries in children, and two non-consecutive 24h-recalls in adolescents. Participants were classified into four groups of EL: "Home", "Other homes", "School" and "Restaurants". The dietary adequacy was measured as a higher adherence to a healthy eating pattern. A socioeconomic classification was developed and participants were classified into three categories: "low", "middle" and "high", and then grouped as low or middle socioeconomic (LMS) environment and high. Linear regression models were used to evaluate how EL differs by socioeconomic position and their relation with dietary adequacy.

RESULTS: One-quarter of participants were classified in the "Home" group, 14% in "Other homes", 18% in "Restaurants" and 45% in "School". After adjustment for potential confounders, and considering the LMS position, children and adolescents belonging to the groups "Other homes" ($\beta = -1.51$; 95%CI: -2.68; -0.34) and "Restaurants" ($\beta = -2.23$; 95%CI: -3.28; -1.18) had lower scores in the dietary adequacy index, comparing to the "Home" group. Considering the higher socioeconomic classification, comparing to the "Home" group, no association was found between "Other Homes" and "Restaurants" and the dietary adequacy; while participants in the "School" group had better dietary adequacy ($\beta = 1.58$; 95%CI: 0.14; 3.01). These results were not found for the participants in the LMS position.

CONCLUSIONS: The socioeconomic environment influences the effect that EL exerts on dietary adequacy. Children and adolescents belonging to an LMS might be at a higher risk of having unhealthy eating habits when eating out-of-home.

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P94: ASSOCIATION BETWEEN NIGHTTIME SLEEP DURATION AND DIETARY PATTERNS AMONG 4 YEAR-OLD CHILDREN FROM THE BIRTH COHORT GENERATION XXI

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INTRODUCTION: In an obesogenic environment, there is the possibility that short sleep enhances the disinhibition to eat opportunistically, particularly energy-dense foods. Among children, short sleep has been positively associated with a less varied, nutrient-poor diet. Dietary patterns represent a useful approach of summarizing diet.

OBJECTIVES: To evaluate the association of nighttime sleep with dietary quality and previously described dietary patterns of 4 year-old children.

METHODOLOGY: This study includes children from the population-based birth cohort Generation XXI at 4 years of age. Nighttime sleep duration was self-reported by the main caregiver and categorized into ≤ 9 h/night, 9-11h/night (reference class) and ≥ 11 h/night, according to the 10th and 90th percentiles and in agreement with the National Sleep Foundation's guidelines. F&V (< 5 vs. ≥ 5 portions/day), assessed by a qualitative food frequency questionnaire, was used as a proxy of dietary quality. Three dietary patterns were previously defined by latent class analysis – "Healthier" reference group, "EDF Energy-Dense Foods", "Snacking". Binary and multinomial logistic regression models were run (odds ratio and 95% confidence intervals – OR, 95%CI), adjusted for maternal education and stratified by sex (n=4899).

RESULTS: In the crude model, boys who slept ≤ 9 h/night and ≥ 11 h/night had significantly lower odds of achieving 5 portions/day of F&V (WHO recommendations) (OR=0.681; 95%CI=0.471; 0.984; OR=0.779; CI=0.634; 0.959, respectively). After adjustment for maternal education, the associations did not remain significant. Boys who slept ≤ 9 h/night (vs. 9-11h/night) had higher odds of following the "EDF" dietary pattern (OR=1.803; 95%CI=1.205; 2.699) compared with the "Healthier". Girls who slept ≥ 11 h/night (OR=1.259; 95%CI=1.015; 1.562) also presented a positive association with the "EDF" dietary pattern, but after adjustment for maternal education was no longer significant.

Conclusions: The association of shorter nighttime sleep duration with lower dietary quality and an unhealthier dietary pattern in 4 year-old boys was largely dependent of maternal education.

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P95: AVALIAÇÃO DO DESPERDÍCIO ALIMENTAR DE FAMÍLIAS RESIDENTES NO PORTO

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Em Portugal estima-se que cerca 17% das partes comestíveis dos alimentos produzidos para consumo humano, são perdidos ou desperdiçados, ao longo de toda a cadeia alimentar até chegar ao consumidor, representando 1 milhão de toneladas por ano, sendo que a maior parte dos alimentos que vai para o lixo é desperdiçada no final da cadeia alimentar, em casa.

Esta pesquisa teve o objetivo de avaliar o desperdício alimentar das famílias residentes no distrito do Porto, identificando quais os alimentos que são mais desperdiçados. A metodologia aplicada baseou-se numa abordagem quantitativa, através de um inquérito *online*. Este foi enviado a 8.000 mil famílias residentes no Porto para perceber o comportamento do consumidor através 4 grupos de questões: hábitos de compra e consumo, hábitos alimentares, frequência de consumo dos alimentos, ideias sobre desperdício e dados socio demográficos. Verificou-se que 31% dos inquiridos nunca deita as sobras dos alimentos para o lixo, 26% reportaram que sempre que tem sobras, congelam para outra ocasião e 46% consome-as no dia seguinte, demonstrando um comportamento diferente do habitual referente ao consumo e ao desperdício. Foi também perceptível que os alimentos mais desperdiçados foram os óleos e gorduras (14,2%) e os alimentos confeccionados (8,9%).

Estas famílias demonstraram uma perceção e sensibilização para a problemática do desperdício alimentar, utilizando de diferentes estratégias para reduzir o desperdício.