

PO68. CHARACTERIZATION OF FOOD CONSUMPTION OF STUDENTS AT SCHOOL AND OUTSIDE SCHOOL

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INTRODUCTION: Young people spend the majority of their time at school where they usually have at least one meal so it is important to promote healthy eating habits in the school community. There are guidelines for food supply in schools, however, outside schools this control does not exist making pertinent to assess students' food consumption inside and outside school.

OBJECTIVES: Evaluate the food consumption of a students' sample at school and outside school and identify the main associated factors.

METHODOLOGY: The sample covered 267 students between 10 and 17 years old. It was developed a questionnaire which was directly applied, including socio-demographic information, food consumption in the previous 24 hours, meals composition and usual place of consumption (school – canteen or packed lunch – or outside) and the main reasons for choosing a specific place of consumption.

RESULTS: The school canteen is the usual lunch spot for 57.7% of the students, while 35.6% do it outside the school and 6.4% bring packed lunch. In the canteen, 62.6% of the students consume soup and 47.7% consume fruit. Outside school, less than half consume soup and fruit and 17% consume vegetables; one third of these students regularly consume soft drinks. A common reason for choosing the usual place to have lunch is that parents consider it more appropriate. The food offer best suited to students' tastes is often chosen for meals outside the canteen.

CONCLUSIONS: The food available for lunch outside school was shown to have options that are less healthy and discouraged for this meal and, with students having greater freedom (and less control) to choose what to eat, this availability may have influenced the food consumption of students who eat out. As the school canteen is the place that offers a more complete meal, its use is recommended.

PO69. SALMINUIR

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INTRODUCTION: Excessive consumption of salt is a public health issue in Portugal. It is urgent to take action and implement measures to decrease its use. To that end, Unidade de Saúde Pública (USP) from Unidade de Saúde of the São Miguel Island (USISM) developed a pioneer project in Azores, entitled SALminuir.

OBJECTIVES: Present the results of the implementation of SALminuir project, in São Miguel Island.

METHODOLOGY: The project consisted of three stages and was implemented in 29 public institutions (n=29), therefore reaching a floating population of more than 40 thousand subjects. In the first phase (diagnosis), the amount of salt was ascertained from the collection of soup samples served at the 29 institutions. In the second phase (intervention), the USP Team carried out workshops with cooks about the importance of reducing salt, as well as the benefits of replacing it for iodized salt. In the third phase (monitoring), new samples were gathered to assess the effectiveness of the workshops. New interventions took place, whenever needed.

RESULTS: In the first samples collection (2016) in schools and day-care institutions, the average salt in soups was 0.55g/100ml and in health institutions 0.44g/100ml. In 2019, considering the diagnostic evaluation and after five sample moments,

there was a decrease in the average use of salt in 78.8% of the schools (n=21), in 33.3% of the health institutions (n=6), and in 50% of the day-care centres (n=2). The use of iodized salt has had an adoption rate of 100%, as opposed to the initial 13.6% registered in schools.

CONCLUSIONS: The amounts of salt registered justify a continuous intervention in this area and highlight the struggle associated with the reduction of salt used to prepare soups. However, most of these institutions reduced the amount of salt in their soups, and all schools adhered to the use iodized salt.

PO70. O MODELO DE PERFIL NUTRICIONAL DA DGS: UM ESTUDO EM CEREIS DE PEQUENO-ALMOÇO

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INTRODUÇÃO: A preocupação com a influência da publicidade nas escolhas alimentares das crianças não é recente. Portugal identificou a restrição da publicidade alimentar dirigida a crianças como uma das áreas de intervenção prioritárias para a promoção de hábitos alimentares saudáveis e para a redução da prevalência da obesidade infantil.

OBJETIVOS: Avaliar a qualidade nutricional de cereais de pequeno-almoço, através da aplicação dos critérios nutricionais definidos pelo modelo de perfil nutricional (MPN) da Direção-Geral da Saúde (DGS), e identificar os que são "aptos" e "não aptos" à publicidade alimentar.

METODOLOGIA: O MPN da DGS foi aplicado a uma base de dados com informação nutricional relativa a 217 cereais de pequeno-almoço que foram divididos em 2 categorias: Cereais infantis (n=69) e Cereais não infantis (n=148). Este estudo avalia o cumprimento dos requisitos estabelecidos pelo MPN e classifica os cereais em função da sua adequabilidade à publicidade infantil.

RESULTADOS: O critério nutricional com maior incumprimento, para as duas categorias de cereais, é o teor de açúcares totais (Cereais infantis = 87,0%; Cereais não infantis = 70,9%). O teor de ácidos gordos saturados, na categoria dos Cereais não infantis, também é responsável por uma elevada percentagem de incumprimento (52,7%).

Dos 217 cereais avaliados, 88,4% (Cereais infantis n= 61) e 83,1% (Cereais não infantis n= 123) não são adequados à publicidade infantil.

CONCLUSÕES: Um elevado número de cereais de pequeno-almoço não cumpre os critérios definidos pelo modelo desenvolvido pela DGS, o que reforça a importância da avaliação do perfil nutricional dos alimentos destinados à publicidade infantil. Desenvolvido no âmbito das restrições à publicidade alimentar dirigida a menores de 16 anos, introduzidas pela Lei n.º 30/2019 de 23 de Abril de 2019, este MPN é uma ferramenta valiosa para a implementação de políticas necessárias à promoção e comercialização de alimentos mais saudáveis.

PO71. INTERVENTION OF THE SCHOOL NUTRITIONIST IN THE FOOD ENVIRONMENT IN AN ORGANIC UNIT OF SÃO MIGUEL ISLAND

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INTRODUCTION: The school is a privileged and decisive setting for health promotion since it is the place where children and adolescents spend most of their day and eat most of their meals. It is a place of excellence for the performance of the Nutritionist, capable of developing activities as the improvement of food supply, and through the implementation of nutritional and food policies.