

BOOK OF ABSTRACTS

**YOUNG
RESEARCHERS
MEETING**



IJUP
4.5.6 MAIO 2022

**ONLINE
REITORIA
DA U.PORTO**

15.ª EDIÇÃO

U.PORTO



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 **Santander**
Universidades

TÍTULO | *TITLE*

Livro de Resumos do 15.º Encontro de Investigação Jovem da U.Porto

Universidade do Porto

Vice-reitor para a investigação, inovação e internacionalização

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PROGRAMA PROGRAM



ONLINE EVENT LINK (CLICK HERE)

RECTORATE OF THE UNIVERSITY OF PORTO

MAY, 4TH

MAY, 5TH

MAY, 6TH

08:00 – 18:00

PARALLEL ORAL SESSIONS I

- A1 – Mathematics
- A2 – Architecture I
- A3 – Chemistry I
- A4 – Environment I
- A5 – AgroFood I
- A6 – Health Sciences I

09:00 – 10:30

Break

PARALLEL ORAL SESSIONS II

- A1 – Health Sciences II
- A2 – Architecture II
- A3 – AgroFood II
- A4 – Environment II
- A5 – Physics I

10:40 – 12:00

Break

PARALLEL ORAL SESSIONS III

- A1 – Economics & Management
- A2 – Biological Sciences I
- A3 – Architecture III
- A4 – Chemistry III
- A5 – Sport Sciences I
- A6 – Health Sciences III

12:20 – 13:40

Lunch Break

PARALLEL ORAL SESSIONS IV

- A1 – Arts I
- A2 – Biological Sciences II
- A3 – Sport Sciences II
- A4 – Chemistry IV
- A5 – Architecture IV
- A6 – Health Sciences IV

14:30 – 16:00

Break

PARALLEL ORAL SESSIONS V

- A1 – Astronomy & Physics
- A2 – Arts II
- A3 – Sport Sciences III
- A4 – Biological Sciences III
- A5 – Health Sciences V

16:10 – 17:40

PARALLEL ORAL SESSIONS VI

- A1 – Biological Sciences IV
- A2 – Engineering I
- A3 – Physics II
- A4 – Language & Communication
- A5 – Health Sciences VI
- A6 – Psychology & Sciences of Education I

PARALLEL ORAL SESSIONS VII

- A1 – Biological Sciences V
- A2 – Engineering II
- A3 – Chemistry II
- A4 – Geo-Politics I
- A5 – Health Sciences VII
- A6 – Psychology & Sciences of Education II

PARALLEL ORAL SESSIONS VIII

- A1 – Biological Sciences VI
- A2 – Engineering III
- A3 – Geo-Politics II
- A4 – Health Sciences VIII
- A5 – Health Sciences IX
- A6 – Psychology & Sciences of Education III

PARALLEL ORAL SESSIONS IX

- A1 – Biological Sciences VII
- A2 – Engineering IV
- A3 – Law and Criminology I
- A4 – Health Sciences X
- A5 – Heritage & History I
- A6 – Psychology & Sciences of Education IV

PARALLEL ORAL SESSIONS X

- A1 – Law and Criminology II
- A2 – Health Sciences XI
- A3 – Psychology & Sciences of Education V
- A4 – Heritage & History II

08:30 – 09:00

Opening of the secretariat for all participants

09:00 – 10:00

POSTER SESSION I

10 min

Coffee-break

10:10 – 11:00

POSTER SESSION I

11:00 – 11:15

Break

11:15 – 12:00

POSTER SESSION II

10 min

Coffee-break

12:10 – 13:15

POSTER SESSION II

13:15 – 15:00

Lunch Break

15:00 – 18:00

CLOSING SESSION AND CELEBRATION
OF THE 15-YEARS ANNIVERSARY OF IJUP



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Relationships of saturated fat intake with sociodemographic and lifestyles characteristic

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Abstract

Background: Saturated fat (SF) intake is related to cardiovascular diseases and total mortality among all population groups, making it critical to understand which factors may influence it.

Objective: To study the association between SF intake (% of total energy intake (TEI) and compliance with the recommendations) with sociodemographic data and lifestyles.

Methodology: A sample of 141 Portuguese was assessed by questionnaire: socio-demographic features (sex, age, education level); lifestyles (including physical activity); adherence to the Mediterranean Dietary Pattern (MAP); and food consumption (24-hour recall). Dietary data was used to calculate SF intake using Nutrium Software.

Results: The %SF was not related with sex, education level, adherence to the MAP or physical activity practice. Older participants consumed less SF ($r = -0.195$; $p = 0.015$). There are more women within the recommendations for SF intake than men (65.6% vs. 54.8%, $p = 0.184$). There is also a greater compliance with the recommendations among people with higher adherence to the MAP.

Discussion: Women consume higher %SF, as previously reported in the 2015-2016 National Food and Physical Activity Survey. Concerning age, 53% of the Portuguese population exceeds 10% of saturated fat in TEI. Regarding the consumption of SF and adherence to MAP, Castro-Quezada et al. (2014), concluded that higher adherence to the Mediterranean diet was associated with lower %SF intake, as found in the present study, despite the association having no statistical significance, probably due to our small sample size.

Conclusion: Nutritional education must include strategies that promote a reduction in the consumption of foods rich in SF, although the results of the present study only found a (weak) association between its intake and age, with older people presenting lower intake.