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INTRODUCTION: Excessive salt consumption increases the risk of high blood pressure and cardiovascular disease. It is essential to reduce it to the level recommended by the WHO.

OBJECTIVES: To assess the impact of an intervention using an innovative salt dosing device (Sal Control H) on salt consumption and accomplishment of the WHO recommendations regarding salt intake (<5 g/day of salt/ <2 g/day of sodium)).

METHODOLOGY: The study was an 8-week randomized clinical trial with 98 workers from a public university. The subjects were randomized to the intervention group (IG; n=47, 49% female, mean age 46±11 years) or the control group (CG; n=51, 53% female, mean age 49±10 years). The IG used equipment to monitor and control salt usage during home cooking during 8 weeks. The equipment offers doses of salt according to the number of people and the age of the consumers. Salt consumption was assessed by 24-hour urinary sodium excretion (Na24), validated by the creatinine coefficient. The difference in sodium was made using linear mixed models adjusted for energy intake with an intention-to-treat approach. The $\chi 2$ test was used for categorical variables.

RESULTS: At baseline, the adjusted mean [95%CI] of Na24 in the CG was 3135 [2782 to 3488] and at the end of the intervention it was 3185 [2812 to 3558], p=0.792. At baseline, the adjusted mean [95%CI] of Na24 in the IG was 3369 [3021 to 3717] and at the end of the intervention it was 3033 [2653 to 3413], p= 0.088. The proportion of IG participants meeting the WHO recommendations increased (from 14.9 to 27.7%) and in the CG it decreased (from 23.5 to 15.7%), no significant differences.

CONCLUSIONS: Salt Control H appears to reduce salt intake and increase adherence to daily salt intake recommendations. Interventions with dosing equipment can be valid approaches in individual salt reduction strategies.

The IMC SALT is supported by FCT, Grant POCI-01-0145-FEDER-029269.

CO25. SOCIOECONOMIC AND HOUSEHOLD FRAMEWORK INFLUENCES IN SCHOOL-AGED CHILDREN'S EATING: UNDERSTANDING THE ROLE OF THE FATHER

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INTRODUCTION: Socioeconomic factors can influence children's overall development, which also encompasses food consumption.

OBJECTIVES: To evaluate the influence of socioeconomic and household framework at 7 years of age (y) on the consumption of fruit and vegetables (FV) and energy-dense foods at 10y, distinguishing maternal and paternal influences.

METHODOLOGY: The sample includes 2750 children evaluated at 7 and 10y from the birth cohort Generation XXI with information on food consumption. Four food groups were defined based on a food frequency questionnaire: FV, 'Sweet food' (SF), 'Soft drinks' (SD) and 'Salty snacks' (SS). Socioeconomic characteristics were obtained through structured questionnaires. Logistic binary regression models were fitted to estimate the associations using a step-by-step approach.

RESULTS: Offspring of mothers with higher education (OR=1.11; 95%CI:1.07-1.16), who live with siblings (OR=1.34; 95%CI:1.02-1.75) and eat at least 5 portions of FV per day at 7y (OR=4.57; 95%CI:3.54-5.90) were more likely to comply with the recommendations of eating 5 servings of daily FV at age 10. Contrarily, having an unemployed father was negatively associated with FV consumption at 10y (OR=0.59; 95%CI:0.65-0.98). Having a domestic/retired mother (OR=0.49; 95%CI:0.26-0.92) was a protective factor for SF daily consumption at 10y. Higher maternal age (OR=0.96; 95%CI:0.93-0.99) and education (OR=0.94; 95%CI:0.91-0.97) decrease the odds of consuming SD daily at age 10. A child who lives in a family with a monthly income higher than 1500€ has fewer odds of consuming SS weekly at 10y (OR=0.61; 95%CI:0.43-0.88). Other father's characteristics (i.e., age and level of education) did not associate with children's food intake.

CONCLUSIONS: Family socioeconomic factors and household structure 7 years influence their food consumption later in life. Of note, maternal influence may appear to have a more significant weight on children's food intake than paternal.

CO26. VEGGIES4MYHEART – UTILIZAÇÃO DE UM JOGO DIGITAL PARA PROMOÇÃO DE CONHECIMENTOS E CONSUMO DE HORTÍCOLAS EM CRIANÇAS DE IDADE PRÉ-ESCOLAR DO CONCELHO DE LEIRIA

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INTRODUÇÃO: O consumo de hortícolas na infância permanece inferior às recomendações, apesar de toda a evidência científica sobre os benefícios associados ao seu consumo. A utilização de jogos digitais educativos pode ser eficaz na promoção de hábitos alimentares saudáveis.

OBJETIVOS: Avaliar o impacto da utilização do jogo digital Veggies4MyHeart nos conhecimentos e no consumo de cinco hortícolas.

METODOLOGIA: Trata-se de um estudo experimental com crianças entre os 3 e os 6 anos (n=118), no concelho de Leiria, no ano letivo 2021/22. Os conhecimentos foram avaliados através de 3 instrumentos – reconhecimento de 15 alimentos, identificação dos hortícolas e ligação dos hortícolas às suas funções no organismo. Estes instrumentos foram aplicados antes e depois da intervenção. Avaliou-se também o consumo de 5 hortícolas (alface, tomate, cenoura, pepino e couve-roxa) nestes dois momentos. A intervenção consistiu em 5 sessões educativas (uma vez/semana durante 5 semanas) com recurso ao jogo digital Veggies4MyHeart e à audição e discussão, em grupo, das mensagens-chave do jogo. Os resultados foram analisados com recurso ao SPSS, através de um teste de *Wilcoxon* para amostras emparelhadas, com significância estatística de 5%.

RESULTADOS: Foram incluídas 118 crianças (48,3% raparigas; 51,7% rapazes) com uma idade média de 4,25 ± 0,9 anos. Verificou-se um aumento estatisticamente significativo nos conhecimentos sobre hortícolas: no reconhecimento de 15 alimentos (Mdantes=13; Mddepois=15; p<0,001); na identificação dos hortícolas (Md^{antes}=12; Md_{depois}=15; p<0,001); ligação dos hortícolas às suas funções (Md_{antes}=1; Md_{depois}=2; p<0,001). O aumento do consumo dos cinco hortícolas (número de porções) também foi estatisticamente significativo (alface, p<0,001; cenoura, p=0,003; couve-roxa, p<0,001; pepino, p=0,018; tomate, p=0,014).

CONCLUSÕES: A utilização do jogo digital educativo Veggies4MyHeart foi eficaz para o aumento dos conhecimentos e para o consumo dos cinco hortícolas na amostra em estudo.

CO27. ADESÃO À DIETA MEDITERRÂNICA EM ADOLESCENTES DO 2.º CICLO - QUE FATORES SÃO INFLUENCIADORES?

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