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INTRODUCTION: Achondroplasia is a rare condition causing disproportional short stature and multiple complications as obesity. Adult height is -6.0 standard deviation score in both genders and measuring obesity is challenging in achondroplasia.

OBJECTIVES: Identifying measurements that are more adjusted to assess obesity and abdominal fat in achondroplasia.

METHODOLOGY: A sample of 13 adults with achondroplasia, 7 women (mean age 38.86 ±15.76 years old), and 6 men (mean age 41 ± 11.78 years old) did anthropometric measurements and body segmental composition using a bioimpedance scale.

RESULTS: Mean height was 118.9±8.7cm in women and 130±14.5cm in men. Mean BMI was of 35.2 kg/m² [range 24.5 to 58.7]. Obesity (BMI>30 kg/m²) was found in 61,5% while severe obesity (BMI ≥ 40 kg/m²) was found in 23%. Waist to hip ratio (WHR) mean was 0.787±0.04 for women and 0.911±0.05 for men and a correlation between WHR-trunk fat mass (0.656; p<0.05, 95%CI) was observed. Fat mass (kg) showed a strong correlation with waist circumference (cm) (0.921; p<0.001, 95%CI) and hip circumference (cm) (0.936; p<0.001, 95%CI). Considering the disproportionate short stature and consequent limitations of BMI in this population, an alternative index, trunk fat mass (kg) divided by the square of sitting height (m²) (TF/sH), was evaluated. Strong correlations (p<0.001, 95%CI) were found between TF/sH and waist circumference (0.855), TF/sH and all body fat mass (0.881) and TF/sH and trunk fat mass (0.995).

CONCLUSIONS: High cardiovascular risk is associated with BMI>30 kg/m² yet, BMI is not an adequate analysis as it overestimates fat in adults with achondroplasia. The waist circumference e WHR are height independent and can easily be evaluated, yet for more precise assessment of obesity and fat distribution in achondroplasia, alternative indexes as TF/sH can be further tested and validated.

PO56. RELATIONSHIP BETWEEN TRAUMA CAUSED BY COVID-19 LOCKDOWN AND FOOD ADDICTION

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INTRODUCTION: The emergence of the COVID-19 pandemic led to several stressful situations, particularly during periods of confinement. According to the literature, moments of stress can lead to episodes of binge eating, characterized by an above-normal increase in food intake during a short period of time. Both stress and food addictions can still be influenced by the sociodemographic conditions existing during lockdown.

OBJECTIVES: To assess the existence of traumatic effects caused by the lockdown due to COVID-19, in Portugal and its influence on food addiction.

METHODOLOGY: A convenience sample of 343 individuals, residing in Portugal, during the period 22 January to 4 April 2021, was used. The existence of traumatic effects was assessed using the IES-R scale and food addiction was evaluated through the mYFAS 2.0 scale. Possible associations between the results of the two scales and their dependence on sociodemographic traits was analysed by the Pearson test, one-way ANOVA, and mixed data cluster analysis.

RESULTS: Both scales presented good internal consistency. Some individuals (20.7 %) exhibited risk of PTSD, with a higher score for those in isolation during the period considered. Only 7.4 % revealed food addiction; both diagnoses were strongly correlated.

CONCLUSIONS: The two scales, IES-R and mYFAS 2.0, showed good adequacy, revealing the influence of isolation on PTSD risk and food addiction diagnosis, as well as the relevance of some sociodemographic patterns (education, history of mental disorders) to both diagnoses.

PO57. PRÁTICAS PARENTAIS E COMPORTAMENTO ALIMENTAR DE CRIANÇAS BRASILEIRAS COM SÍNDROME DE WILLIAMS

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INTRODUÇÃO: A Síndrome de Williams (SW) é uma desordem genética rara, com incidência de 1:5000 a 1:20000 pessoas causada pela microdeleção da região do cromossoma 7q11.23. É caracterizada pela existência de alterações cardiovasculares e endócrinas, anormalidades do tecido conjuntivo, do crescimento e reduzido funcionamento cognitivo. A literatura existente sobre o impacto da SW no comportamento alimentar é limitada e difusa, sendo inexistente no que se refere à população Brasileira.

OBJETIVOS: Este estudo transversal tem como objetivo caracterizar as práticas parentais na alimentação e o comportamento alimentar de crianças com idades compreendidas entre os 3 a 11 anos com Síndrome de Williams de nacionalidade Brasileira, assim como explorar as associações existentes entre estas variáveis.

METODOLOGIA: Uma amostra de 39 pais/mães (idade = 37.95 ± 6.15) de crianças com SW (idade = 6.05 ± 2.74; 66.7% (n = 26) do sexo feminino) responderam a um conjunto de questionários de autorrelato numa plataforma online, especificamente: o *Child Eating Behavior Questionnaire*, e o *Child Feeding Questionnaire*.

RESULTADOS: A preocupação dos pais/mães com o peso das crianças foi significativamente superior em relação às do sexo masculino (U = 93.50, p = 0.02). Paralelamente práticas parentais de restrição alimentar associaram-se a maior responsividade à comida (rs = .40, p = 0.12) e a menor seletividade alimentar das crianças (r = -.34, p = 0.37). Tal como maior pressão para comer se relacionou a uma maior resposta à saciedade (rs = .33, p = 0.41) e desejo de bebida das crianças (rs = .40, p = 0.13).

CONCLUSÕES: Este é primeiro estudo a demonstrar que práticas parentais na alimentação se associaram a diferentes padrões de comportamento alimentar de crianças brasileiras com SW, prevalecendo as estratégias de pressão para comer e de restrição alimentar. Futuros estudos devem avaliar longitudinalmente preditores de padrões de comportamento alimentar problemático nestas crianças.

PO59. THE EFFECT OF OLIVE OIL CONSUMPTION IN MEDITERRANEAN DIET ADHESION: A COMPARISON BETWEEN PRE- AND POST-INTERVENTION

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INTRODUCTION: Olive oil (OO), a key product in the Mediterranean diet (MedD), is associated with cardiovascular health promotion, due to its lipid profile and its many bioactive molecules. More recently, it has also been discussed the role that OO may play in metabolism and adiposity modulation.

OBJECTIVES: This study aimed to assess the impact of a 2-tablespoons per day (±30 ml) of a Portuguese Extra virgin OO (EVOO) in the anthropometrics and the adherence to a MedD.

METHODOLOGY: For this study 32-healthy participants, aged 32.8 ± 11.3, mostly women (78.1%), of which almost 91% followed an omnivorous diet, were recruited. Two assessments were conducted – at baseline and after 50 (±8days) of EVOO ingestion – consisting of bioimpedance (InBody720®), body perimeters, PREDIMED tool and physical activity questionnaire. Participants undertook a 24-hours recall food questionnaire. Data were analyzed using Pearson's Chi-square, at a significance level of 5%.