

# BOOK OF ABSTRACTS



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# YOUNG RESEARCHERS MEETING



U. PORTO



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Professor Doutor Pedro Rodrigues

[ijup@reit.up.pt](mailto:ijup@reit.up.pt)

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## 22082 | Physical fitness, health perception and physical activity habits in a group of patients with different chronic non-communicable diseases

João Ramos<sup>1</sup>; Marta Rocha<sup>1</sup>; Catarina Matos<sup>2</sup>; Luísa Campos<sup>2</sup>; Ana Dias<sup>2</sup>; Margarida Sarmiento<sup>3</sup>,  
José Ribeiro<sup>1</sup>; Sílvia Pinhão<sup>2,3</sup>

FADEUP, University of Porto, Porto, Portugal<sup>1</sup>; FCNAUP, University of Porto, Porto, Portugal<sup>2</sup>; ULSS. João,  
Porto, Portugal<sup>3</sup>

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**Background & Aim:** According to World Health Organization (WHO), 2018, Chronic Noncommunicable Diseases (NCDs) are considered one of the largest health and development threats of the 21st century. The aim of this study is to verify whether adult patients who attend the Outpatient Nutrition Consultation (ONC) can improve their levels of Body Composition (BC), Physical Activity (PA), Physical Fitness (PF) as well as Quality Of Life (QOL). **Methods:** This sample consists of 46 patients (15 men; 31 women) admitted in ONC. All the patients have an anthropometric assessment [Height (m), Body Mass (BM) (kg), Fat Mass (FM) (kg), Fat Free Mass (FFM) (kg), calculation of Body Mass Index (BMI) ( $\text{kg}/\text{m}^2$ ), abdominal, hip, arm and leg circumferences (in cm)] an assessment of PF strength test of lower body resistance (sit and stand in 30 seconds) and an assessment of maximum upper limb strength (handgrip test in kg) as well as the filling of IPAQ questionnaire and WHOQOL-BREF. **Results:** On average, the sample has 43 years of age (43,9 – men; 42,8 - women). The BMI averages  $33 \text{ kg}/\text{m}^2$  (34,4 – men; 32,4 – women) and 70,5 % has obesity ( $\text{BMI} > 30 \text{ kg}/\text{m}^2$ ) (36,4 % - grade 1 obesity; 22,7 % - grade 2 obesity; 11,4 % - grade 3 obesity). On average they have a FM of 36,8 kg (36,9 - men; 36,8 - women) and a FFM of 31,2 kg (39,7 - men; 27,2 - women). According to WHO recommendations and IPAQ values 52,3 % of this sample appears to be active (57,1 - men; 50 - women) and only 15,2 % appears to recognize an Exercise Physiologist as a credible source to encourage them to exercise. Only 6,3 % of the valid percentage of this sample refers not take any kind of medicines and according to the WHOQOL-BREF score 67 (66,6 - men; 67,1 - women), the sample consider themselves to have a reasonably good health status. **Conclusions:** This sample suggests that despite a reasonable amount report having high levels of daily physical activity, there are still a large number of patients with obesity and associated comorbidities.

**Keywords:** Physical Fitness, Obesity, Patients.

**References:**

[1] World Health Organization. (2018). Assessing national capacity for the prevention and control of noncommunicable diseases: report of the 2017 global survey.