

ijurp '13

BOOK OF ABSTRACTS

6TH MEETING
OF YOUNG RESEARCHERS OF UNIVERSITY OF PORTO



ijur '13

6TH MEETING OF YOUNG RESEARCHERS OF
UNIVERSITY OF PORTO



CREDITS

Livro de Resumos IJUP'13

6º Encontro
de Investigação
Jovem da U.Porto

© Universidade do Porto
AA ID+i
t.22 040 81 46
secidi@reit.up.pt

Design

Ana Fernandes & Daniel Martins
Rui Mendonça

Impressão e acabamentos

Invulgar – artes gráficas

Tiragem

1000 exemplares

Depósito Legal

340336/12

ISBN

978-989-746-006-7

Adherence to mediterranean dietary pattern and nutritional status association in primary school children from Póvoa de Lanhoso

A.R. Almeida¹

¹ Faculty of Food and Nutritional Sciences of the University of Porto, Portugal

Introduction: Portugal is moving away from the traditional mediterranean dietary pattern (MDP). Since the 70's, coincidentally or not, the prevalence of obesity in school-age children has hugely increased.

Objective: To assess adherence to MDP, its determinants and association with nutritional status.

Methodology: Children from the 3rd and 4th years, of two primary schools from Póvoa de Lanhoso, participated in this cross-sectional study. During the months of May and June 2012, personal data were collected (sex, age, household, etc.) as well as anthropometric data (height and weight) and the application of the KidMed questionnaire.

Results: Of the 166 children studied, aged between 8 and 10 years old, 56% were female and 44% male. It was observed that 66.9% presented appropriate weight and 33.1% were at risk for being overweight or obese. 61.4% had good adherence to MDP and 38.6% had a moderate to weak adherence. Female children showed a greater adherence to MDP ($p=0.041$). No statistically significant differences were found between adherence to MDP and the type of household with whom the child lived ($p=0.402$). Children with overweight or obesity showed less adherence to MBP ($p = 0.013$).

Conclusion: In this study it was found that more than half of the population had good adherence to MDP, more specifically, the female children. There was no association between the adherence to this dietary pattern to the type of household with whom the child lived. Children with better adherence to the MDP had a lower prevalence of overweight and obesity.