

## 23497 | Sociodemographic and lifestyle factors associated with the Mediterranean Dietary Pattern

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**Background & Aim:** The Mediterranean Diet Pattern (MDP) is recognized as one of the healthiest dietary patterns as it has been consistently associated with several beneficial health outcomes. However, adherence to the MDP has declined in southern European countries in recent decades, especially among lower socioeconomic groups. Despite Portugal's privileged geographical location, the Portuguese food choices are far from MDP, choosing a Western dietary pattern, mainly in younger people. Our study aims to study the sociodemographic and lifestyle factors associated with adherence to the Mediterranean-type dietary pattern in students at U. Porto.

**Methods:** A survey was conducted among the student population, regarding food consumption (24-hour recall), sociodemographic data, such as sex and whether the student is displaced or not, and lifestyles namely time of sleep, physical activity and adherence to the MDP, assessed by PREDIMED. **Results:** The 284 students inquired, 36.4% of women have good adherence to the MDP, while only 24.3% of men have a good Mediterranean to MDP ( $p=0,037$ ). Around 40% of non-displaced students present a good adherence to the Mediterranean dietary pattern, in contrast to 20% of displaced students ( $p<0,001$ ). There is a significant relationship between hours of sleep and adherence to this eating pattern ( $p=0,045$ ), being a positive association. There is no significant relationship between the frequency of physical activity and adherence to the MDP ( $p=0.371$ ). **Conclusions:** In the present study we find that in U. Porto students, the adherence to the MDP is higher in women, non being a displaced student and is positively association with the number of hours of sleep.

**Keywords:** Mediterranean Dietary Pattern, Sociodemographic Factors, Lifestyle Factors, University Students.

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