

INTRODUÇÃO: O Inquérito Alimentar Nacional e de Atividade Física (IAN-AF) 2015-2016 avaliou o consumo alimentar da população portuguesa. A identificação de declarações incorretas dos alimentos consumidos (incluindo a sub- e a sobre-declaração) é um aspeto relevante na avaliação fidedigna dos resultados. Sabe-se que a informação reportada pelo indivíduo pode ser afetada pelas suas características pessoais.

OBJETIVOS: Avaliar a prevalência de sub- e sobre-declaração da ingestão energética e os seus determinantes.

METODOLOGIA: Foram analisados neste estudo dados de participantes do IAN-AF 2015-2016, com idades entre 18 e 84 anos (n=3386). A informação do consumo alimentar foi recolhida através de dois questionários às 24 horas anteriores e a de atividade física através do *International Physical Activity Questionnaire*. Obtiveram-se medidas objetivas de peso e altura. Os indivíduos foram classificados como tendo declarações plausíveis, sub- ou sobre-declarações de acordo com o método descrito por Goldberg e corrigido por Black, que considera o metabolismo basal e o nível da atividade física, para estimar o intervalo de estimativa de ingestão energética plausível para cada indivíduo.

RESULTADOS: A prevalência de sub- e sobre-declaração da energia ingerida foi de 21,3% e 4,2%, respetivamente. Verificou-se maior prevalência de sub-declaração nos indivíduos do sexo feminino vs. sexo masculino (21,9% vs. 20,6%, p=0,003), nos indivíduos obesos vs. não obesos (35,2% vs. 16,4%, p<0,001), nos indivíduos com escolaridade inferior ao nível secundário vs. mais escolarizados (25,7% vs. 16,6%, p<0,001) e nos indivíduos com autopercepção do estado de saúde menos favorável (muito fraco/fraco) vs. mais favorável (34,6% vs. 20,0% p<0,001). Não se verificaram diferenças significativas por idade.

CONCLUSÕES: Os indivíduos do sexo feminino, os obesos, os menos escolarizados e os que percecionam o seu estado de saúde como menos favorável apresentam uma prevalência de subdeclaração da ingestão energética superior.

CO4. SITTING TIME AMONG PORTUGUESE OLDER ADULTS: ASSOCIATION WITH ANTHROPOMETRIC AND FUNCTIONAL PARAMETERS

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INTRODUCTION: A high sitting time has been consistently associated with negative outcomes such as disability, frailty and mortality in older adults. Moreover, it has been regarded as a potentially modifiable factor in the prevention of chronic diseases. However, there is lack of information on the association of sitting time with anthropometric and functional indicators among older adults.

OBJECTIVES: To explore the association of anthropometric and functional indicators with sitting time among Portuguese older adults.

METHODOLOGY: A cross-sectional study was conducted. From a sample of 1500 Portuguese older adults (≥65 years) 1423 participants were eligible to the present analysis. Sitting time, in minutes, was self-reported recurring to the International Physical Activity Questionnaire. BMI (obesity: ≥30 kg/m²), abdominal obesity (waist circumference >88 cm for women; >102 cm for men), time to walk 4.6 m (slow time: >7 seconds or >6 seconds according to sex and height) and handgrip strength (low: <20 kgf for women and <30 kgf for men) were assessed. Multivariable linear regression models were conducted. β coefficients and 95% confidence intervals (95%CI) were calculated for each parameter, after adjusting for potential confounders.

RESULTS: The present sample was composed in 57.4% by women. Age ranged from 65 to 100 years and median (IQR) age was 74 (11) years. Higher sitting

time was independently associated with low handgrip strength ($\beta=0.11$; 95% CI: 0.06-0.16), slow time to walk 4.6 m ($\beta=0.25$; 95%CI:0.20-0.31), obesity ($\beta=0.08$; 95%CI:0.03-0.13) and abdominal obesity ($\beta=0.11$; 95%CI:0.06-0.16).

CONCLUSIONS: Obesity, abdominal obesity, slow time to walk and low handgrip strength are positively associated with sitting time. Slow time to walk presented the strongest association. These results emphasize that functional and anthropometric parameters are potential indicators of sedentary behaviour among older adults.

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CO5. ASSOCIATION OF SELF-EVALUATION OF HEALTH STATUS WITH UNDERNUTRITION STATUS AND RISK IN OLDER ADULTS

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INTRODUCTION: With aging, prevalence of undernutrition increases and health status worsens. The association of self-evaluation of health status with undernutrition among older adults remains to be studied.

OBJECTIVES: To explore the association of self-reported health status with undernutrition in Portuguese older adults.

METHODOLOGY: A cross-sectional study was conducted in Portuguese subjects ≥65 years old, representative of Portuguese older adults regarding sex, age, educational level and regional area. Each participant reported health status as very good, good, fair, bad or very bad. Participants' undernutrition status was assessed with Mini Nutritional Assessment[®] – Short Form. A multinomial multivariable logistic regression model was conducted to evaluate the association between undernutrition status and self evaluation of health status (dependent variable), with adjustment for sex, age, education and marital status. Odds Ratios (OR) and respective 95% Confidence Intervals (95%CI) were calculated.

RESULTS: The present sample included 1495 participants, of which 868 were women (58.1%), median (IQR) age was of 74 (11) years (age range: 65-100 years); 240 (16.1%) participants were at undernutrition risk or undernourished; 731 (48.9%) evaluated their health status as fair and 285 (19.1%) as bad or very bad. Being nutritionally-at-risk or undernourished was not associated with self-evaluation of health status as fair (OR=1.31, 95% CI=0.99; 1.03). However, these conditions increased the odds of self evaluation of health status as bad or very bad (OR=3.48; 95% CI=2.34; 5.18).

CONCLUSIONS: Undernutrition risk and undernutrition increased the odds of self evaluation of health status as bad very bad in older adults. This association draws attention to the possibility that improving undernutrition status can ameliorate self evaluation of health status and thus to contribute to older adults' well-being.

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CO6. DEVELOPMENT AND CHARACTERIZATION OF TUNA PÂTÉ USING TUNA FISH GELATINE

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