

BOOK OF ABSTRACTS

**YOUNG
RESEARCHERS
MEETING**



IJUP
4.5.6 MAIO 2022

**ONLINE
REITORIA
DA U.PORTO**

15.ª EDIÇÃO

U.PORTO

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 **Santander**
Universidades

TÍTULO | *TITLE*

Livro de Resumos do 15.º Encontro de Investigação Jovem da U.Porto

Universidade do Porto

Vice-reitor para a investigação, inovação e internacionalização

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PROGRAMA PROGRAM



ONLINE EVENT LINK (CLICK HERE)

RECTORATE OF THE UNIVERSITY OF PORTO

MAY, 4TH

MAY, 5TH

MAY, 6TH

08:00 – 18:00

PARALLEL ORAL SESSIONS I

- A1 – Mathematics
- A2 – Architecture I
- A3 – Chemistry I
- A4 – Environment I
- A5 – AgroFood I
- A6 – Health Sciences I

PARALLEL ORAL SESSIONS VI

- A1 – Biological Sciences IV
- A2 – Engineering I
- A3 – Physics II
- A4 – Language & Communication 
- A5 – Health Sciences VI
- A6 – Psychology & Sciences of Education I

09:00 – 10:30

Break

PARALLEL ORAL SESSIONS II

- A1 – Health Sciences II
- A2 – Architecture II
- A3 – AgroFood II
- A4 – Environment II 
- A5 – Physics I

PARALLEL ORAL SESSIONS VII

- A1 – Biological Sciences V
- A2 – Engineering II
- A3 – Chemistry II
- A4 – Geo-Politics I
- A5 – Health Sciences VII
- A6 – Psychology & Sciences of Education II

10:40 – 12:00

12:00 – 12:20

Break

PARALLEL ORAL SESSIONS III

- A1 – Economics & Management
- A2 – Biological Sciences I
- A3 – Architecture III
- A4 – Chemistry III
- A5 – Sport Sciences I
- A6 – Health Sciences III

PARALLEL ORAL SESSIONS VIII

- A1 – Biological Sciences VI
- A2 – Engineering III
- A3 – Geo-Politics II
- A4 – Health Sciences VIII
- A5 – Health Sciences IX
- A6 – Psychology & Sciences of Education III

12:20 – 13:40

13:40 – 14:30

Lunch Break

PARALLEL ORAL SESSIONS IV

- A1 – Arts I
- A2 – Biological Sciences II
- A3 – Sport Sciences II
- A4 – Chemistry IV
- A5 – Architecture IV
- A6 – Health Sciences IV 

PARALLEL ORAL SESSIONS IX

- A1 – Biological Sciences VII
- A2 – Engineering IV
- A3 – Law and Criminology I
- A4 – Health Sciences X
- A5 – Heritage & History I
- A6 – Psychology & Sciences of Education IV 

14:30 – 16:00

16:00 – 16:10

Break

PARALLEL ORAL SESSIONS V

- A1 – Astronomy & Physics
- A2 – Arts II
- A3 – Sport Sciences III
- A4 – Biological Sciences III
- A5 – Health Sciences V

PARALLEL ORAL SESSIONS X

- A1 – Law and Criminology II
- A2 – Health Sciences XI
- A3 – Psychology & Sciences of Education V
- A4 – Heritage & History II

16:10 – 17:40

08:30 – 09:00

Opening of the secretariat for all participants

09:00 – 10:00

POSTER SESSION I

10 min

Coffee-break

10:10 – 11:00

POSTER SESSION I

11:00 – 11:15

Break

11:15 – 12:00

POSTER SESSION II

10 min

Coffee-break

12:10 – 13:15

POSTER SESSION II

13:15 – 15:00

Lunch Break

15:00 – 18:00

**CLOSING SESSION AND CELEBRATION
OF THE 15-YEARS ANNIVERSARY OF IJUP**



IJUP
4.5.6 MAIO 2022

**ONLINE
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DA U. PORTO**

15.ª EDIÇÃO

Weight status, lifestyles and food insecurity among children from the municipality of Gondomar: the impact of the COVID-19 pandemic

Pereira, Beatriz, Faculdade de Ciências da Nutrição e Alimentação, Portugal

Ferreira, Antónia, Câmara Municipal de Gondomar, Portugal

Póinhos, Rui, Faculdade de Ciências da Nutrição e Alimentação, Portugal

Pereira, Bárbara, Faculdade de Ciências da Nutrição e Alimentação; GreenUPorto - Sustainable Agrifood Production Research Centre & DGAOT, Faculdade de Ciências, Portugal

Abstract

Introduction: Recent estimates report an increase in the prevalence of children with pre-obesity (PO) and obesity (OB) worldwide. The COVID-19 pandemic had repercussions on children's eating habits and physical activity, which might have exacerbated the risk of developing OB and other chronic diseases. As a reflection of the pandemic, the prevalence of Food Insecurity (FI) may also increase.

Objectives: The aims of this study were: to characterize the weight status of children in basic education (preschool and first cycle) in the Municipality of Gondomar (MG), to identify FI in households, and to study the perception of the effects of COVID-19 in children's lifestyle and food habits.

Methodology: Application of a self-administered questionnaire to the caregivers of children from ten schools from two different school clusters in the MG, followed by anthropometric assessment of height, weight and waist circumference. Data from 172 children were collected.

Results: A total of 42.9% of children aged 3 to 4 years and 44.1% aged 5 to 10 years were overweight (OW). Most caregivers reported worst lifestyles due to the COVID-19 pandemic, with 73.7% reporting a decrease in the level of physical activity and 61.1% an increase in screen time. Regarding eating habits, changes in the company (40.6%) and in the location of meals (36.7%) stand out. The overall prevalence of FI was 24.8%.

Conclusion: The pandemic seems to have had an impact on children's lifestyles in a way that may increase OW. The establishment of political measures is essential to combat OB and FI, especially considering the context of the COVID-19 pandemic.