

BOOK OF ABSTRACTS



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YOUNG RESEARCHERS MEETING



U. PORTO



TÍTULO | *TITLE*

Livro de Resumos do 17.º Encontro de Investigação Jovem da U.Porto / *Book of Abstracts
Young Researchers Meeting of U.Porto*

Universidade do Porto

Vice-Reitor para a investigação e Inovação

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ISBN

978-989-746-378-5

Design

Serviço de Comunicação e Imagem da U.Porto

21691 | Determinants for breakfast consumption among U.Porto students

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Background & Aim: Transition to university is associated to changes in dietary habits, such as irregular breakfast consumption. Identifying factors related to breakfast consumption is crucial to develop intervention strategies. The aim was to study the determinants of breakfast consumption among U.Porto students. **Methods:** This cross-sectional study involved 421 U.Porto students who completed an online questionnaire: sociodemographic characteristics, self-perceived health, dietary habits (including breakfast consumption), satisfaction with food offerings at the university, distance to the university, and type of residence. **Results:** The majority of students (93.8%) consume breakfast, with similar percentages among women (94.2%) and men (92.5%, $p = 0.625$). Students who had breakfast at home did not differ from the remaining on the time to reach the university (mean = 36.2 min vs. 37.6, $p = 0.581$). No significant relationship was found between perceived health status and breakfast consumption ($p > 0.868$). Likewise, there were no significant differences in consumption based on type of residence ($p > 0.838$). Logistic regression analysis did not identify significant predictors of breakfast consumption. **Conclusions:** The majority of U.Porto students consume breakfast. None of the studied factors predicted its consumption. Considering these results, the consumption of breakfast does not represent a pertinent problem in this specific sample.

Keywords: Breakfast, University, Nutrition, Determinants, Students.

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