BOOK OF ABSTRACTS

Organização

U.PORTO

Apoio

INVESTIGAÇÃO JOVEM DA UNIVERSIDADE DO PORTO

YOUNG RESEARCHERS MEETING

U.PORTO

INVESTIGAÇÃO JOVEM DA UNIVERSIDADE DO 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

Professor Doutor Pedro Rodrigues

ijup@reit.up.pt

ISBN

978-989-746-378-5

Design

Serviço de Comunicação e Imagem da U.Porto

21678 | Sodium Intake in U.Porto college students and influencing sociodemographic and lifestyle factors

Elisabete P. Vale [1]; Carla Oliveira[1]; Inês Rodrigues[1]; Florbela Sousa[1]; Bruno M. P. M. Oliveira[1,2]; Afonso, Cláudia[1,3]; Rui Poínhos[1]

Faculty of Nutrition and Food Sciences, University of Porto, Porto, Portugal[1]; LIAAD - INESC TEC, Porto, Portugal[2]; Epiunit - Instituto de Saúde Pública, University of Porto, Porto, Portugal[3]

Background & Aim: Sodium intake is highly associated with hypertension and other cardiovascular diseases, one of the main global health concerns. Studies show that most people (regardless of their country of origin), consume more sodium than what's recommended by the World Health Organization (WHO). Our study aims to describe sodium intake among U.Porto college students and to identify related sociodemographic and lifestyle factors. **Methods:** A survey was conducted among the student population, regarding food consumption (24-hour recall), sociodemographic data (sex, age, field of study) and lifestyles, namely physical activity and adherence to the Mediterranean Dietary Pattern (MDP), assessed by PREDIMED [1]. **Results:** Out of 303 inquired students, 72.7% did not comply with the WHO recommendations for sodium intake and this percentage raised to 82.9% considering sodium density recommendations. Men presented higher sodium intake (median=3132 vs. 2502mg, p‹0.001) but lower sodium density, despite not reaching statistical significance (1.59 vs. 1.44, p=0.141). Physically active students had higher sodium intake than those not physically active (2828 vs. 2480mg, p=0.011) but similar sodium density (1.48 vs. 1.59mg, p=0.702). Sodium intake was not significantly associated with the field of study (p=0.922), even though students attending health-related courses were more prone to have a higher intake (median=2806mg) than those attending exact science courses (2676mg) or other fields (2684mg). We found no significant relationship between adherence to the MDP and sodium density, as well. **Conclusions:** Despite easy access to health information, U.Porto students show little compliance with sodium intake recommendations. Young adults are seldom the target for health prevention programs. Our study shows that they should not be overlooked, and awareness actions should be implemented as early as possible.

Keywords: Sodium Intake, Sodium Density, Mediterranean Dietary Pattern.

Acknowledgments

We thank the collaboration in data collection done by our 1st year colleagues, enrolled in Evaluation of Food Intake and Biostatistics I, of the degree in Nutrition Sciences of FCNAUP.

References:

[1] Gregório MJ, Rodrigues AM, Salvador C, Dias SS, de Sousa RD, Mendes JM, et al. Validation of the Telephone-Administered Version of the Mediterranean Diet Adherence Screener (MEDAS) Questionnaire. Nutrients. 2020; 12(5)).