

## CO1. SUSTAINABILITY OF THE PORTUGUESE DIETARY PATTERN: A MULTIDIMENSIONAL ASSESSMENT USING THE DIETARY PATTERN SUSTAINABILITY INDEX (DIPASI)

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**INTRODUCTION:** The transition to sustainable dietary patterns that balance nutritional well-being and environmental impact is essential. Assessing the sustainability of diets requires a multidimensional approach integrating environmental, nutritional, and economic factors.

**OBJECTIVES:** This study aimed to evaluate the environmental, nutritional and economic sustainability of the Portuguese dietary pattern by applying the Dietary Pattern Sustainability Index (DIPASI), i.e. a multidimensional indicator measuring the percentage deviation of an individual's diet from a reference diet.

**METHODOLOGY:** DIPASI was applied to dietary data from the Portuguese National Food, Nutrition, and Physical Activity Survey (IAN-AF 2015-2016), which included 2999 adults (18-64 years) and covered 1492 consumed food products. The Mediterranean diet was chosen as the reference to assess the sustainability of the Portuguese dietary pattern using DIPASI. DIPASI integrates three sub-scores: the environmental score calculated as a weighted mean of carbon footprint, water footprint, and land use, following a European Commission weighting proposal; the nutritional score assessed using the Nutritional Rich Diet 9.3 score; and the economic score evaluated based on diet cost. The final DIPASI score was obtained as the arithmetic mean of the three sub-scores, where higher values indicate greater alignment with the Mediterranean diet's sustainability profile.

**RESULTS:** Findings revealed that, on average, the Portuguese dietary pattern have a higher environmental impact (CF: 4.32 kg CO<sub>2</sub>eq/day, WF: 3162.88 L/day, LU: 7.03 m<sup>2</sup>/day), lower nutritional quality (NRD9.3: 334), and higher cost (6.65 €/day) compared to the Mediterranean diet (CF: 3.30 kg CO<sub>2</sub>eq/day, WF: 2758.84 L/day, LU: 3.67 m<sup>2</sup>/day, NRD9.3: 668, cost: 5.71 €/day). Only 4% of individuals showed no or positive deviation (>-0.5%) from the Mediterranean diet.

**CONCLUSIONS:** Most Portuguese individuals exhibit lower dietary sustainability compared to the Mediterranean diet, reflecting dietary shifts away from traditional Mediterranean patterns. The results highlight the need for policy interventions promoting healthier and more sustainable food choices.

## CO2. HEALTH PROMOTION PROGRAM AMONG WORKERS FROM A CATERING COMPANY: EFFECT ON FOOD CONSUMPTION AND ADEHERENCE TO

## THE MEDITERRANEAN DIET

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**INTRODUCTION:** Health promotion programs in the workplace are crucial for increasing well-being and productivity. Diet plays a key role in preventing chronic diseases, and the Mediterranean Diet (MD) is well-known for its health benefits. However, adherence to the MD has decreased and remains low in Portugal.

**OBJECTIVES:** To evaluate whether participation in a workplace health promotion program focusing on hypertension, hypercholesterolemia, diabetes mellitus, and occupational stress leads to significant changes in employee food consumption.

**METHODOLOGY:** This longitudinal quasi-experimental study was conducted in a collective catering company in Portugal, involving employees from Porto (intervention group) and Lisbon (control group). Data were collected between March 2021 and March 2022 through validated questionnaires, assessing sociodemographic, lifestyle, and dietary indicators (food frequency questionnaire, MDScore). The six-month intervention included physical exercise, newsletters, workshops, and webinars. Statistical analysis was performed using SPSS®. Descriptive statistics and hypothesis tests (T-Test, Wilcoxon) were applied to assess dietary changes.

**RESULTS:** In the intervention group, from the first to the final recall, there were significant reductions in the consumption of cereals and cereal products (-119.44g; p=0.004), sweet foods and pastries (-13.55g; p=0.024), soft drinks, juices, and nectars (-61.4g; p=0.037), alcoholic beverages (-12.5g; p=0.002), sodium (-276.3mg; p<0.001), and fiber (-6.56g; p<0.001). Comparing the groups based on the components of the MDScore, significant differences were observed in the intervention group, with decreased consumption of alcohol (p=0.017). In the control group, consumption of legumes (p<0.001) and cereals (p<0.001) decreased, while alcohol intake increased (p=0.008). No statistically significant changes were found in other food groups based on the MDScore.

**CONCLUSIONS:** The health promotion program resulted in slightly improvements in the diet of the intervention group, particularly reductions in sodium and unhealthy foods. Future interventions should further emphasize fiber, polyunsaturated fats, and fresh fruit to enhance dietary adherence and long-term health benefits.

## CO3. MEDITERRANEAN DIET ENRICHED WITH FERMENTED FOODS IMPROVES DISEASE ACTIVITY AND SELF-REPORTED OUTCOMES IN RHEUMATOID ARTHRITIS: INTERIM ANALYSIS OF THE TASTY TRIAL

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**INTRODUCTION:** An increasing number of studies have associated diet and nutritional status with Rheumatoid Arthritis (RA) outcomes.

**OBJECTIVES:** To investigate whether a dietary intervention based on a typical