

escala de cinco pontos de *Likert*, com valores entre 0 a 4, sendo 0 – discordo totalmente e 4 – concordo totalmente. A análise estatística foi feita com recurso ao software *Microsoft Office Excel 2007*[®].

RESULTADOS: A amostra em estudo é composta por 70,2% de idosos do sexo feminino, com média de 84 anos de idade. Neste sentido, verificou-se que 8,5% dos idosos se encontravam desnutridos, 66,0% em risco de desnutrição e 25,5% com estado nutricional normal. No que diz respeito, à avaliação da qualidade de vida relacionada com a alimentação obteve-se uma mediana de 14 pontos, com percentis 25 e 75 de 12 e 15 pontos, respetivamente.

CONCLUSÕES: Os resultados evidenciaram percentagens de desnutrição e risco de desnutrição elevadas, na amostra de idosos. Porém, os valores obtidos para a qualidade de vida relacionada com a alimentação demonstraram ser positivos.

PO86. ANTHROPOMETRY, BODY COMPOSITION, NUTRITIONAL INTAKE, AND EATING BEHAVIOR OF TRANSGENDER PEOPLE

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INTRODUCTION: A transgender person doesn't recognize their gender identity by their assigned sex at birth. Nutritional care for trans people is not well established, but evidence points to an increased risk of overweight and obesity, and eating disorders. Hormone therapy also modifies the distribution of fat and lean mass.

OBJECTIVES: Our aims were to assess and relate anthropometric parameters, body composition, nutritional intake, and eating behavior among transgender people, and to compare these features between transmasculine and transfeminine spectrum.

METHODOLOGY: The sample comprised 16 transgender adults (18 to 53 years), of whom 62.5% assigned female at birth (AFAB). Participants answered the Eating Attitudes Test-26 (EAT-26) and a semiquantitative food frequency questionnaire. Weight, height and waist circumference were measured, and body composition was assessed using bioimpedance.

RESULTS: Participants AFAB or AMAB did not differ regarding anthropometry or body composition. In each group, half were overweight/obese (BMI \geq 25.0). Two participants (12.5%) had high risk of eating disorders. AFAB had a median intake of energy 741 kcal higher (p=0.129, eta²=0.144). Higher BMI was associated with higher carbohydrate intake among AFAB (rs=0.709, p=0.022) but not AMAB (rs=-0.200, p=0.704), and lipid intake correlated positively with BMI among AMAB (rs=0.600, p=0.208) but negatively among AFAB (rs=-0.794, p=0.006). The strongest correlation with the risk of eating disorders (EAT-26 total) was found among AMAB, with lower intake of carbohydrate associated with higher risk (rs=-0.754, p=0.084), especially for subscales oral control and diet, while for AFAB all correlations were below 0.3.

CONCLUSIONS: Trans people had a prevalence of overweight similar to the general population, but higher risk of eating disorders. Energy and nutritional intake and the risk of eating disorders do not seem to follow the sex/gender assigned at birth, but the gender identity. In this regard, the spectra of transmasculinity and transfemininity should also be looked at separately.

PO87. O IMPACTO DA MENOPAUSA NOS HÁBITOS ALIMENTARES

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INTRODUÇÃO: A menopausa, caracteriza-se pela cessação definitiva da menstruação, que ocorre entre os 45 e 55 anos, e resulta de alterações hormonais,

que afetam o metabolismo, a composição corporal e a qualidade de vida. Estas alterações podem impactar os hábitos alimentares, podendo aumentar a tendência para o consumo alimentar emocional, o que aumenta o risco de distúrbios alimentares e ganho de peso. Como consequência destas alterações, há um risco maior de desenvolvimento de patologias crónicas não-transmissíveis.

OBJETIVOS: Este estudo analisou a influência da menopausa nos hábitos alimentares das 21 mulheres.

METODOLOGIA: Foi realizado um projeto transversal em 21 mulheres, divididas em dois grupos conforme a sua idade (< 55 e > 55 anos) onde se avaliaram os seus hábitos alimentares através do questionário TFEQ-R21. Foram analisados fatores como Índice de Massa Corporal (IMC), sintomas da menopausa e padrões alimentares.

RESULTADOS: Mulheres com idade < 55 apresentaram maior frequência de pré-obesidade e sintomas intensos, como afrontamentos e insónias, associados às flutuações hormonais mais recentes. Apesar de uma consciência alimentar generalizada, este grupo relatou maior tendência para excessos alimentares em situações de stress ou desequilíbrio emocional. Contudo, as mulheres com idade > 55 mostraram maior estabilidade no comportamento alimentar e menor impacto dos sintomas da menopausa.

CONCLUSÕES: O estudo sugere que a menopausa pode influenciar os hábitos alimentares, sobretudo na sua fase inicial. Embora limitado pelo pequeno tamanho da amostra, o estudo reforça a necessidade de estratégias nutricionais e comportamentais adaptadas à menopausa, promovendo saúde e bem-estar.

PO88. RELATIONSHIP BETWEEN CONSUMPTION OF DAIRY PRODUCTS AND NUTRITIONAL STATUS IN INSTITUTIONALIZED ELDERLY PEOPLE

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INTRODUCTION: Malnutrition and sarcopenia are two clinical conditions that often meet in older age. The loss of muscle mass and chronic malnutrition contribute to poor functional status of older adults, often motivated by poor energy and nutritional intake.

OBJECTIVES: The aim of this study was to correlate the nutritional status of institutionalized elderly with the intake of dairy products.

METHODOLOGY: Older adults (> 65 years old) institutionalized in long term care were included. Nutritional status was assessed using anthropometric measurements (weight, height, Arm Circumference and Calf Circumference) and diagnosis for malnutrition was established according to the Global Leadership Initiative on Malnutrition (GLIM) criteria. Food intake was registered for each individual and obtained according to the Portuguese Food Composition Table.

RESULTS: Twenty two older adults were include (16 female), with a mean age of 87.4 \pm 7.2 years. Regarding nutritional status, malnutrition was diagnosed in 3 older adults. There was no statistically significant relation between dairy consumption and nutritional status. However, the majority (66.7%) of malnourished individuals did not meet portion recommendations, while more than half (56.3%) of those with normal lean mass exceeded them. Dairy consumption was absent in one individual, 31.8% had dairy intake below recommendations, 22.8% had adequate intake and 40.9% had intake above recommendations. About one-third (33.3%) of overweight individuals did not meet recommendations, and all obese individuals consumed portions above the recommended levels.

CONCLUSIONS: Adequate energy and nutritional intake is crucial for the maintenance of good nutritional status. Dairy represents a source of protein, vitamins and minerals, however it is crucial that older adults have a balanced diet to meet energy and nutrient requirements. In our study, there was no correlation between nutritional status and dairy consumption, which may be motivated by overall intake inadequacy. Further studies are needed to investigate this correlation.