

## PO65. THE PROMOTION OF SCHOOL LUNCH: EVALUATION OF MEAL SATISFACTION REPORTED BY STUDENTS AND SOCIAL PROFILE OF SCHOOL

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**INTRODUCTION:** Childhood and adolescence are critical periods for physiological development, and healthy eating practice is particularly important. A healthy food environment in schools makes it easier to access healthy choices. In Portugal, the investigation proves that school is a healthier choice to lunch than do it outside of school. The satisfaction monitoring is an important tool that helps to operate quickly in school meals services.

**OBJECTIVES:** To evaluate the association between self-reported meal/lunch satisfaction by students and social profile of school.

**METHODOLOGY:** Observational study with transversal was designed. To evaluate food habits, lifestyle and satisfaction with the lunch meal, two questionnaires were elaborated and apply directly in two schools: one to the students from the 5th to the 12th grade (n=91) and other to the student's guardians (n=89). The sociodemographic profile of the school was achieved, through a previous questionnaire administered to the student's guardians in both schools (n=646).

**RESULTS:** In the 14 items included in the meal/food satisfaction questionnaire, there has been found statistical significance differences between schools in "Is the food served hot?" and "Regarding the noise at the canteen, do you consider it bearable?". Concerning the association between sociodemographic profile and the satisfaction with meals, we found that the school with greatest dissatisfaction with meals and its surrounding, was the one with higher parental education and lower subsidy for students.

**CONCLUSIONS:** Despite the low sampling, results showed greater dissatisfaction in relation to school meal from the school with higher social profile. This is not related to the food/meals, but to the surrounding environment "noise" and the temperature at which meals are served. A greater need to frequently assess satisfaction with meals, along with carrying out community interventions in order to promote the consumption of meals in the canteen, may be important and tailored accord school social profile.

## PO66. MÁQUINAS DE VENDA AUTOMÁTICA DE ALIMENTOS E BEBIDAS DA UNIVERSIDADE DO PORTO - UTILIZAÇÃO E SATISFAÇÃO DE ESTUDANTES

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**INTRODUÇÃO:** O aumento da prevalência e acessibilidade das máquinas de venda automática de alimentos e bebidas (MVAAB) em escolas, universidades, serviços de saúde e locais de trabalho, têm ampliado a sua influência na energia diária ingerida pela população, sendo que estas têm sido identificadas como um dos fatores com maior influência na desadequação dos hábitos alimentares.

**OBJETIVOS:** Avaliar a utilização e satisfação de estudantes da Universidade do Porto relativamente às MVAAB.

**METODOLOGIA:** Desenvolvimento de um questionário on-line, aplicado por meio do seu envio para o e-mail institucional de cada estudante. Para avaliar a adequação dos géneros alimentícios (GA) disponibilizados e adquiridos, os mesmos foram agrupados em "a contemplar", "a não contemplar" e

em "outros" segundo o Despacho n.º 7516-A/2016 aplicável ao Serviço Nacional de Saúde.

**RESULTADOS:** Foram recolhidas 1069 respostas validas. A frequência global de utilização das MVAAB reportada foi de 4,4±4,2 vezes por semana. Os GA "a não contemplar" apresentaram uma frequência de aquisição superior aos GA "a contemplar" (0,3±0,5 vezes por dia vs. 0,2±0,3 vezes por dia); no entanto, aqueles que não são abrangidos pela lei demonstraram a maior frequência de aquisição (0,8±0,6).

Os utilizadores mais frequentes das MVAAB foram indivíduos do sexo masculino (5,3±4,7), com idade menor que 21 anos (4,4± 4,1), com excesso de peso (5,2±4,7) e que permanecem nas instalações da Universidade por um período de tempo maior que 6 horas por dia (5,3±4,6).

A maioria dos utilizadores estavam satisfeitos com os serviços prestados pelas MVAAB, no entanto, "nada satisfeitos" e "pouco satisfeitos" apresentaram valores de 2,0% e 20,2%, respetivamente.

**CONCLUSÕES:** Perante os dados obtidos, parece evidente a necessidade de reformular a oferta alimentar nas MVAAB da UP.

## PO67. FOOD CONSUMPTION OF STUDENTS IN A PUBLIC AND A PRIVATE SCHOOL

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**INTRODUCTION:** Healthy eating habits are crucial for the normal growth and development of young people in school age. In schools, where young people usually eat at least one meal, there are guidelines for food supply that must be followed. In public schools, these guidelines are monitored whereas in private schools this often does not happen. Therefore, it is pertinent to assess differences in students' food consumption between public and private schools.

**OBJECTIVES:** Evaluate and compare the food consumption of students in secondary education at a public and a private school and identify the main associated factors.

**METHODOLOGY:** The sample covered 132 students from a public school and 135 students from a private school. A questionnaire was developed and directly applied, including socio-demographic and lifestyle information, data on food consumption in the previous 24 hours and perceived determinants of health and food choices. The data descriptive analysis was followed by uni and multifactorial analysis to characterize the study sample according to the defined objectives.

**RESULTS:** Most respondents did not consume complete meals. Public school students had fewer meals during the day and their intermediate meals were more complete; 35.6% of them had a complete lunch, compared to 39.6% of private school students. Most students consumed dinner at home and among these, private school students consumed a more complete dinner. Both public and private students considered "food" to be important for their health, and the "food flavor" relevant for their food choices.

**CONCLUSIONS:** The main meals consumed by public school students proved to be more incomplete than those consumed by private school students, this difference being more noticeable at dinner, raising questions about the socioeconomic status of these students, as well as their access to healthy foods. Improving schools meals taste may increase the consumption of all recommended food components for lunch.