

PO92. CHARACTERIZATION OF THE NUTRITIONAL STATUS IN A PRIVATE INSTITUTION OF SOCIAL SOLIDARITY IN AZORES

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INTRODUCTION: Ageing promotes several physiological changes in the human body. These changes are notorious in the elderly population and have repercussions on their health and nutrition.

OBJECTIVES: This study aimed to characterize and analyze the nutritional status of the users of a Private Social Solidarity Institution in Azores.

METHODOLOGY: A total of 141 users were assessed, with a average age of 71.47 ± 19.2 years, between 19 and 101 years, of which 61.7% were female. The characterization of the nutritional status of the users involved the evaluation, among others, of the following indicators: age, BMI, abdominal circumference, cholesterol, glycemia and triglyceride levels.

RESULTS: Through the comparative analysis it was observed that on average, women had higher ages (74.56 years) than male users (66.48 years) ($p < 0.05$). Being that obesity is a growing problem among the elderly, regarding BMI, it was found that 32.6% are overweight and 21.3% are obese, not significant ($p = 0.394$). Cholesterol levels show significant differences, being on average lower than 190 mg/dL ($p < 0.05$). Blood glucose levels are normal, with values below 100 mg/dL ($p < 0.001$), the vast majority between 80 and 130 mg/dL, triglyceride levels near 150 mg/dL, and an average abdominal circumference of 102.6 ± 17.75 cm. However, the average abdominal circumference value for women was well above 88 cm, indicating an increased risk of cardiovascular disease. None of the indicators show significant differences between female and male users.

CONCLUSIONS: This study showed that a high percentage of institutionalized older people are overweight or at risk of developing obesity to a greater extent, who also have limitations in their functional status. It highlights the need for intervention by a multidisciplinary team, attentive to early diagnosis and interventions, aiming at the maintenance and/or recovery of the nutritional status, promoting better quality of life for the elderly and avoiding undesirable prognoses.

PO93. AVALIAÇÃO DA OFERTA ALIMENTAR EM BUFETES DE ESCOLAS DO 2.º CICLO DO ENSINO BÁSICO DO DISTRITO DE FARO

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INTRODUÇÃO: As crianças passam grande parte do seu dia na escola, realizando a maior parte das refeições neste contexto. O Despacho n.º 8127/2021 de 17 de agosto veio estabelecer as normas a ter em conta na elaboração das ementas e na venda de géneros alimentícios nos bufetes e nas máquinas de venda automática nos estabelecimentos de educação e de ensino da rede pública do Ministério da Educação, sendo importante averiguar se a oferta alimentar é condicente com as normas vigentes.

OBJETIVOS: Avaliar oferta alimentar existente nos bufetes de 4 Escolas do 2.º Ciclo do Ensino Básico (EB) do Distrito de Faro, tendo em consideração as normas constantes do Despacho n.º 8127/2021 de 17 de agosto.

METODOLOGIA: Selecionaram-se, aleatoriamente, 4 Escolas do 2.º Ciclo do EB do Distrito de Faro que, após contacto, aceitaram participar no presente estudo. Tendo em consideração as normas presentes no Despacho, foi criado um formulário para registo direto da oferta alimentar disponível. A recolha de dados foi realizada entre os dias 17 e 24 de fevereiro.

RESULTADOS: Os bufetes avaliados cumprem a generalidade das normas constantes no Despacho. De entre os resultados encontrados destaca-se que:

apenas uma Escola não disponibiliza água potável gratuita para consumo pelos alunos e nenhuma escola disponibiliza sopa para os alunos, sendo que apenas 2 escolas (50%) disponibilizam saladas. As escolas avaliadas não disponibilizam nenhum dos produtos nem refeições rápidas cuja comercialização não é autorizada nos bufetes.

CONCLUSÕES: As regras constantes na legislação em matéria de oferta alimentar nos bufetes escolares estão a ser cumpridas, na sua maioria, nos 4 estabelecimentos de ensino avaliados. Reveste-se de grande importância caracterizar o consumo alimentar das crianças nas refeições intercalares realizadas em contexto escolar para avaliar se é condicente com a oferta alimentar disponível e com as recomendações para uma alimentação saudável.

PO94. INFLUENCE OF CHANGING FOOD OFFER AT THE WORKPLACE ON FOOD CONSUMPTION AND NUTRITIONAL STATUS OF WORKERS

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INTRODUCTION: Eating habits have been described as a major cause for the loss of years of healthy life. High consumption of red meat, low consumption of whole grains, pulses and fruit represent key factors that contributes to an unhealthy dietary pattern.

OBJECTIVES: The study aims to evaluate the influence of an intervention focused on food offer change and consumers awareness in workers food consumption and nutritional status.

METHODOLOGY: The study includes 140 workers of two companies who attend workplace canteen (68.6% male), of whom 51.1% had manufacturing functions and 48.9% technical functions. Data collection tools were applied before and after the 6-month intervention during which a change in the food offer at the workplace and weekly awareness campaigns were conducted. Sociodemographic, lifestyle and health status information were collected. A semi-quantitative food frequency questionnaire adapted to the intervention period was applied. Anthropometric assessment was performed, through the measurement of weight, height, waist and hip circumferences.

RESULTS: Before the intervention, it was found that approximately 12% of participants never consumed dried pulses, 23% fresh pulses and 15% vegetables. A weekly consumption of red meat and processed meats was reported by 71% and 78.1% of participants, respectively.

After the intervention, there was an increase in the frequency of consumption of dried ($p = 0.005$) and fresh pulses ($p < 0.001$) and vegetables ($p = 0.005$). It was observed a decrease in the prevalence of overweight (32.9% to 26.4%) and obesity (14.3% to 13.2%) and a reduction in the mean value of waist circumference (87.1 ± 12.1 to 85.6 ± 10.8 cm), hip circumference (104.8 ± 9.5 to 102.8 ± 9.9 cm) and waist-to-height ratio (WHtR) (0.52 ± 0.1 to 0.51 ± 0.1) ($p < 0.001$). Nevertheless, the mean value found for WHtR is associated with higher cardiometabolic risk ($WHtR > 0.5$).

CONCLUSIONS: These findings showed that changing the food offer in workplace canteens and awareness-raising actions improved workers nutritional status and led to more healthier food consumption.

PO95. DESPERDÍCIO ALIMENTAR DE FRUTA NUMA UNIDADE HOSPITALAR EM PORTUGAL

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