

hazards to human health. Reasons for the presence of these substances in FS/SF raised from poor-quality control, improper storage conditions, to cross-contamination and intentional add.

OBJECTIVES: To investigate how gym-goers perceive the main concepts of FS, the risk of their contamination and/or adulteration, and the possible consequences for health.

METHODOLOGY: A cross-sectional study was conducted involving 303 gym-goers, 133 women, and 170 males (30.82 ± 12.84 years old). Face-to-face interviews were conducted by qualified researchers.

RESULTS: Among the participants, 218 (71.95%) were FS consumers. Although 45.88% of participants felt well-informed about FS, a significant majority (95.05%) did not answer correctly to the Directive 2002/46/EC from 10 June, FS definition. Additionally, a substantial proportion of participants were unaware of market regulation (46.50%) and control (40.90%). Non-consumers showed greater awareness of potential FS-drug interactions and expressed concerns regarding the risk of overdosage. In contrast, consumers perceived market control as adequate. Concerns regarding potential contamination with industrial pollutants were expressed by non-consumers, while consumers reported the potential inclusion of prohibited ingredients that alter the product's nutritional value. Men associated contamination and adulteration concerns with the risk of kidney injuries, whereas women were more aware of potential heart and liver problems.

CONCLUSIONS: A substantial proportion of participants were unaware of the correct definition of FS and presented a lack of knowledge regarding market regulation and control. The participants reported industrial pollutants and banned substances as potential contaminants. These findings underscore the need for the implementation of educating programs for consumers about dosages, interactions, and side effects of FS.

CO6. PURCHASING PATTERNS OF SODIUM AND POTASSIUM FOOD SOURCES: A BUDGET ANALYSIS

Carla Almeida¹⁻³; Eduarda Lopes¹; Inês Henriques¹; Andreia Santos¹; Matheus Azevedo¹; José Azevedo²⁻⁴; Patrícia Padrão¹⁻³

¹ Faculty of Nutrition and Food Sciences of the University of Porto

² EPIUnit - Institute of Public Health of the University of Porto

³ Laboratory for Integrative and Translational Research in Population Health (ITR)

⁴ Faculty of Arts of the University of Porto

INTRODUCTION: Purchasing patterns of sodium and potassium food sources are powerful determinants of the intake of these nutrients related to cardiovascular health.

OBJECTIVES: To assess the purchases of sodium and potassium food sources, according to sociodemographic characteristics, using a budget analysis.

METHODOLOGY: Adults were recruited from Portuguese supermarkets. The purchased items were collected from invoices and sociodemographic data was obtained through an online questionnaire. Were considered for the analysis the following categories: (1) "Potassium Primary Food Sources (PPFS)": fruits/vegetables, legumes, herbs, and spices; (2) "Sodium Primary Food Sources (SPFS)": snacks, ready meals, processed meat/fish, meat analogues, cheese, and savoury bread. The percentages of the food budget spent on SPFS and PPFS were calculated. The ratio "budget spent on SPFS/PPFS" was computed when items from one or both groups were bought. The Spearman correlation and the Mann-Whitney test studied the association between variables and differences across groups, respectively. The median (minimum, maximum) was described.

RESULTS: The median percentage of the food budget spent on PPFS and SPFS was 15.9% (0, 100) and 0.0% (0, 82.9) (n=88), respectively. A median ratio of 0.35 (0.01, 191.0) was observed (N=72). A significantly higher median percentage of the food budget spent on SPFS was observed for customers aged ≤ 44 years old [15.4% (0.0, 79.1) vs. 0.0% (0, 53.3); p=0.028]. The studied variables did not have significant differences according to sex, education, and income. A very weak

positive significant correlation was observed between the food budget spent on PFSP and SPFS ($\rho = 0.216$, $p=0.044$) (n=88). No significant correlations were observed between the ratio and both the overall and the food budget spent.

CONCLUSIONS: SPFS and PPFS make a small contribution to the food budget with SPFS having a higher expression for younger customers. The balancing of money spent on PPFS and SPFS was not affected by the budget spent.

CO7. ASSOCIAÇÃO ENTRE O ÍNDICE DE MASSA CORPORAL Z-SCORE E A UTILIZAÇÃO DE ECRÃS EM CRIANÇAS DE ESCOLAS PRIMÁRIAS EM CONTEXTO DE VULNERABILIDADE SOCIAL

Juliana Martins¹⁻³; Ana Duarte¹⁻⁴; Maria José Silva¹⁻²; Cláudia Augusto¹⁻³; Filomena Magalhães²⁻⁴; Micaela Rodrigues⁵; Rafaela Rosário¹⁻⁴

¹ Escola Superior de Enfermagem da Universidade do Minho

² CIEInf: Centro de Investigação em Enfermagem da Universidade do Minho

³ UICISA: E: Unidade de Investigação em Ciências da Saúde: Enfermagem da Escola Superior de Enfermagem de Coimbra

⁴ CIEC: Centro de Investigação em Estudos da Criança, Instituto da Educação da Universidade do Minho

⁵ Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto

INTRODUÇÃO: A utilização de ecrãs tem sido apontada como um determinante da obesidade, dado que se trata maioritariamente de comportamento sedentário, também associado a maior ingestão de alimentos de elevada densidade energética.

OBJETIVOS: Avaliar a associação entre o Índice de Massa Corporal (IMC) Z-score e a utilização de ecrãs em crianças de escolas primárias em contexto de vulnerabilidade social.

METODOLOGIA: Este estudo foi realizado no âmbito do projeto alargado BeE-school, que incluiu 10 escolas primárias em condições de maior vulnerabilidade (Territórios Educativos de Intervenção Prioritária). A massa corporal e a estatura da criança foram avaliadas por profissionais treinados, utilizando procedimentos padronizados. O IMC Z-score foi calculado segundo os critérios da Organização Mundial da Saúde. Relativamente à utilização de ecrãs, os pais responderam ao questionário ScreenQ (0-27 pontos), anteriormente adaptado e validado para crianças portuguesas, sendo que pontuações mais elevadas indicam maior risco de efeitos adversos. O nível de escolaridade e IMC da mãe e do pai foram auto-reportados. Foram realizados modelos de regressão linear, sendo a variável dependente o IMC Z-score da criança e o preditor a pontuação do ScreenQ. O modelo foi também ajustado para as seguintes variáveis: sexo e idade da criança, o IMC e educação da mãe e do pai.

RESULTADOS: A amostra é constituída por 735 crianças (51,7% rapazes; 38,5% apresentava excesso de peso), com uma idade de 7,7 (DP=1,2) anos. Num dia normal, as crianças usam TV/vídeos, jogos de vídeo/computador ou aplicações durante 1h30 (P25-P75: 1h00-2h00). A pontuação média no ScreenQ foi de 10,3 (DP=4,0). Esta associou-se significativamente a valores de IMC Z-score mais elevados (B=0,064; IC95%: 0,034; 0,094). Mesmo após o ajuste para potenciais confundidores (B=0,050; IC95%: 0,020; 0,080).

CONCLUSÕES: Este estudo reforça a importância da promoção de estilos de vida saudáveis, sensibilizando para as consequências negativas do uso de ecrãs, nomeadamente no estado ponderal das crianças.

CO8. HYPERPARATHYROIDISM, SERUM PHOSPHORUS AND DIETARY INTAKE IN HEMODIALYSIS PATIENTS: IS THERE A NOVEL RELATIONSHIP?

Cristina Garagarza¹⁻²; Ana Valente¹; Cátia Queirós¹; Joana Sebastião¹; Melanie Gomes¹; Aníbal Ferreira³⁻⁴

¹ Nutrition Department of Nephrocare

² Nutrition Laboratory, Faculty of Medicine of the Lisbon University