

(0.05-0.25 g/L caffeine) and asked for selected the ones perceived as different from water.

Results: Test conditions, both the type of presentation and time of tests, resulted for children with the ages tested. For sweet taste, the number and range of concentrations from test solutions appeared to be adequate in the age group between 8 and 10 years. For bitter taste in 80% of children the answers were not consensual with the range of concentrations.

Conclusions: The results from the present work suggest that the concentrations used for access bitter taste sensitivity in children from other countries are not sensed by Portuguese children, showing the importance of adjusting adequate concentrations according to sociocultural habits. This may be possible being due to the complex pathway for bitter taste transduction.

ASSOCIATION OF OVERWEIGHT WITH THE DEMOGRAPHIC, SOCIOECONOMIC AND LIFESTYLE FACTORS IN SERBIAN ADOLESCENTS

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Introduction: The dramatic trend of annual increase in prevalence of overweight among adolescents and its association with other noncommunicable diseases are the most challenging health problem worldwide.

Objectives: The objectives of this study were: 1. to determine the prevalence of overweight, and 2. to identify risk factors (demographic and socio-economic characteristics, eating habits, free time activities and physical activities) associated with overweight in adolescents.

Methods: This study presents a cross sectional study of 2139 adolescents aged 10 to 19. The database from the 2006 National Health Survey was used. Participants were classified as either normal weight or overweight according to international sex- and age-specific Body Mass Index cut-off points. Selected variables were assessed via questionnaire. A multivariate logistic regression model was performed separately for boys and girls.

Results: Every third boy and every fifth girl were overweight. The protective factors among boys were older age ($p < 0.05$ for 14 to 15 years) and ($p < 0.001$, for 16 to 19 years), living in urban area ($p < 0.05$) and engaging in physical activities that have lasted longer than 7 hours a day that have lasted longer than 7 hours a day, in such a manner that they breathe quickly and become sweaty ($p < 0.05$), while living in middle-income family ($p < 0.05$) was significantly associated with overweight. Consuming vegetables 1 to 2 times a week ($p < 0.05$) or 6 to 7 times a week ($p < 0.05$) and being older ($p < 0.001$, for 14 to 15 years) and ($p < 0.001$, for 16 to 19 years) were protective factors among girls.

Conclusions: This study has shown that further preventive interventions should be gender specific, oriented towards younger adolescents and respect identified risk factors.

MOTIVATIONAL PREDICTORS OF HEALTHY DIET, IN PORTUGUESE POPULATION

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Introduction: The research indicates healthy diet as one of the key factors in health protection. According to

Self-Determination Theory the development of a sense of competence and autonomy is vital to achieve greater self-regulation and maintain behaviors that promote health and well-being.

Objectives: To assess the motivational predictors of healthy eating, among adults of community.

Methods: This is a quantitative descriptive and explanatory cross-correlated study, with a non-probability convenience sample of 523 individuals from community, aged between 19 and 64, (59,7% female and 40,3% male). The following instruments were used: the Perceived Competence Scale (maintaining a healthy diet), the Self-Regulation Questionnaire (healthy diet), the Eating Habits Questionnaire and the Sociodemographic Questionnaire.

Results: We found that perceived competence is a motivational factor which relates positively to healthy diet ($r = .44$, $p < .01$) and also autonomy relates positively to physical exercise ($r = .43$, $p < .01$). The results also show that gender and motivational variables (perceived competence and autonomy) are significant predictors of healthy eating habits.

Conclusions: The results support the importance of autonomy and perceived competence to follow a healthy diet and reinforce gender differences in relation to healthy eating. This study may contribute to better understanding of the processes associated to the change in health behaviors and to the promotion of these behaviors.

NUTRITIONAL STATUS, BREAKFAST HABITS AND FRUIT AND VEGETABLES CONSUMPTION AMONG CHILDREN IN A PRESCHOOL AT FUNDÃO CITY

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Introduction: The prevalence of overweight in childhood has dramatically increased over the years. Therefore, it is important to set up healthy eating practices during this period. According to European Commission, Portugal presents one of the highest rates of child obesity. Between 2 and 5 years old, 29% of children are overweight and 12.5% are obese.

Objectives: This paper presents the nutritional status of 3-5 years old children in a public preschool from Fundão and describes the breakfast (BF), fruit and vegetables (F&V) habits consumption.

Methods: This cross-sectional study, conducted since May to August 2012, analyzed a group of 40 children (19 girls and 21 boys). Evaluation of nutritional status was based on anthropometric measures (height and weight) and classification was according CDC criteria (CDC 2002). Data on BF and F&V daily consumption were collected using a 24-hour recall during 3 days.

Results: It was found a prevalence of 35% with overweight, 20% with pre-obesity and 15% with obesity. We determined that 22.5% used to eat F&V frequently, 45% rarely and 32.5% sporadically. In what concerns to BF, all the children consumed dairy products; 52.5% of the children consume bread, cereals and toasts; 22.5% reported eating high caloric foods like sweets and bakery; just 2.5% choose to eat fruit.

Conclusions: This paper shows the studied sample has a prevalence of overweight greater than the Portuguese average. About half of the children did not consume F&V properly. There is a need to implement intervention programs in schools to promote F&V intake and healthy habits to slow down obesity, the main risk factor associated to diabetes and cardiovascular diseases and some kinds of cancer.