

26th World Nutrition Congress

&

15th Euro Obesity and Endocrinology Congress

June 17-18, 2019 London, UK

Diet quality self-assessment and total adiposity markers in college students

Lidia Pitaluga Pereira, Lorena Barbosa Fonseca, Patrícia Simone Nogueira, Ana Paula Alves de Souza, Bruna Klein Guimarães de Souza, Paulo Rogério Melo Rodrigues, Ana Paula Muraro and Márcia Gonçalves Ferreira
UFMT, BRAZIL

Statement: Diet quality self-assessment can be a potential indicator to promoting a healthy lifestyle, similarly to the self-rated health indicator.

Objective: To verify the association between diet quality self-assessment and markers of total adiposity among university students.

Methodology and Theoretical Orientation: Cross-sectional study conducted with freshman in the first semester of 21 full-time courses at a public university in the Central-West region of Brazil, who were enrolled in 2018, male and female college students (16 to 25 years old). Diet quality self-assessment was measured using the question "How do you rate the quality of your diet?", and the answers were categorized into "good", "fair", and "poor". The total adiposity was evaluated by the weight status defined by the Body Mass Index according to the World Health Organization recommendations for each age group and the percentage of body fat was obtained by electrical bioimpedance and categorized as high (yes/no). Multinomial logistic regression was used to analyze the magnitude of the associations, adjusting for sex, age and economic class.

Findings: A total of 571 university students were evaluated of which 47.8% considered their diet as regular, 32.6% as good and 19.6% as poor. Diet quality self-assessment as poor was higher for females (22.6% vs 16.5%, $p=0.03$) and for students who belonged to higher economic class compared to those of lower economic class (26.7% vs 18.2% $p=0.04$). In the multiple analysis diet quality self-assessment as poor was associated with overweight ($p=0.01$), but not with percentage of body fat.

Conclusion and Significance: Diet quality self-assessment poor shows association with overweight.

Biography

Lidia Pitaluga is graduated in Nutrition by the Federal University of Mato Grosso (2006), Master in Biosciences by the Federal University of Mato Grosso (2014). Doctoral student in Collective Health, Federal University of Mato Grosso, Brazil. She has experience in Nutritional Epidemiology, working mainly in the following subjects: information systems, diabetes mellitus, dyslipidemia, obesity, lifestyle.

lid_pit@hotmail.com

Notes: