

BOOK OF ABSTRACTS



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21172 | Determinants of students' use of food consumption resources available at the University of Porto

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Abstract

University students' unhealthy eating patterns are a prevalent problem. It is important to account which factors impact their meals when planning health interventions. The aim of this study was to relate the use of the different U.Porto resources for food consumption by students with their sociodemographic. A convenience sample of students aged 18 years or above completed an online questionnaire including questions about sociodemographic and academic characteristics and the use of U.Porto's food consumption resources. Binary logistic regression models were used to relate sociodemographic and academic features with the use of different resources. The sample comprises 173 participants (83.2% females): 46.2% are 18-20 years old, 42.2% are 21-25 years old and 11.2% are ≥ 26 years old. Compared to students of other levels of education, bachelor's degree students (77.5% of total) are more likely to use a SASUP canteen (OR: 4.734, 95% CI: 1.742-12.867). Displaced students are more likely to use a SASUP canteen (OR: 1.943, 95% CI: 1.007-3.750). Compared to FCNAUP students (56.6% of total), non-FCNAUP students are more likely to use U.Porto's bars (OR: 4.256 95% CI: 2.237-8.098), vending machines (OR: 2.098, 95% CI: 1.138-3.870) and drinking fountains (OR: 2.178, 95% CI: 1.121-4.231). Older students (21-25 years old and ≥ 26 years old) are less likely to use a SASUP canteen (OR: 0.410, 95% CI: 0.197-0.850 and OR: 0.863, 95% CI: 0.295-2.524, respectively), U.Porto's bars (OR: 0.343, 95% CI: 0.169-0.699 and OR: 0.294, 95% CI: 0.096-0.902, respectively) and spaces for food consumption (OR: 0.442, 95% CI: 0.229-0.855 and OR: 0.372, 95% CI: 0.137-1.011, respectively). Both general sociodemographic and more specific academic characteristics are related to the use of food consumption resources by U.Porto students and may thus influence their food consumption. These features should be considered when developing health-promoting interventions, which should be targeted to specific subgroups of students.

Keywords: food choices; food consumption; meals; public health; university students.