

Encontro Investigação Jovem da Universidade do Porto

**BOOK OF
ABSTRACTS**

**06 - 07 - 08
Maio 2026**

19.^a Edição



ORGANIZAÇÃO



APOIO



**Encontro
Investigação
Jovem da
Universidade
do Porto**

**YOUNG
RESEARCHERS
MEETING**

**06 - 07 - 08
Maio 2026**

19.ª Edição



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APOIO



TÍTULO | *TITLE*

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Encontro Investigação Jovem da Universidade do Porto



PROGRAM

**06 - 07 - 08
Maio 2026**

19.^a EDIÇÃO

May, 6th

May, 7th

May, 8th

8H	Opening of the secretariat for all participants		
8H30 > 10H30	PARALLEL ORAL SESSIONS I A1 – Criminology and Law I A2 – Health Sciences I A3 – Sport Sciences I A4 – Architecture I A5 – Engineering I A6 – Biological Sciences I	PARALLEL ORAL SESSIONS IV A1 – AgroFood I A2 – Health Sciences IV A3 – Sport Sciences III A4 – Astronomy A5 – Chemistry I A6 – Biological Sciences IV	PARALLEL ORAL SESSIONS VII A1 – Arts I A2 – Health Sciences VII A3 – HSS IV – History, Archeology, Cultural Studies and Communication Sciences A4 – Physics I A5 – Chemistry III A6 – Biological Sciences VII
10H30 > 11H	Coffee Break		
11H > 13H	PARALLEL ORAL SESSIONS II A1 – Criminology and Law II A2 – Health Sciences II A3 – Sport Sciences II A4 – Architecture II A5 – Engineering II A6 – Biological Sciences II	PARALLEL ORAL SESSIONS V A1 – AgroFood II A2 – Health Sciences V A3 – Sport Sciences IV A4 – Maths & Physics A5 – Engineering IV A6 – Biological Sciences V	PARALLEL ORAL SESSIONS VIII A1 – Environment II A2 – Health Sciences VIII A3 – Psychology & Education Sciences III A4 – Physics II A5 – Chemistry IV A6 – Economics & Management
13H > 14H30	Lunch Break		
14H30 > 16H	POSTER SESSION I Architecture Biological Sciences I Criminology and Law Engineering I Health Sciences I Sport Sciences I	POSTER SESSION II AgroFood Biological Sciences II Chemistry Engineering II Health Sciences II Sport Sciences II	POSTER SESSION III Arts Astronomy, Physics & Maths Economics & Management Environment & Geology Health Sciences III History & Sociology Psychology & Education Sciences
16H > 16H30	Coffee Break		
16H30 > 18H30	PARALLEL ORAL SESSIONS III A1 – HSS I – Political Sciences A2 – Health Sciences III A3 – Psychology & Education Sciences I A4 – HSS II – Political Sciences, Sociology and Geography A5 – Engineering III A6 – Biological Sciences III	PARALLEL ORAL SESSIONS VI A1 – Environment I A2 – Health Sciences VI A3 – Psychology & Education Sciences II A4 – HSS III – History of Art A5 – Chemistry II A6 – Biological Sciences VI	PARALLEL ORAL SESSIONS IX A1 – Arts II A2 – Health Sciences IX A3 – Psychology & Education Sciences IV A4 – HSS V – History A5 – HSS VI – Literature and Philosophy A6 – Health Sciences X

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Background & Aim Food insecurity is a critical social determinant of health, disproportionately affecting individuals with type 2 diabetes mellitus. Inadequate access to sufficient and nutritious food compromises dietary quality, treatment adherence and glycemic control, contributing to poorer clinical outcomes. Despite increasing global evidence, data from Portuguese primary care remain limited. This study aims to evaluate the association between food insecurity and metabolic control in adults with type 2 diabetes. **Methods:** A cross-sectional study is conducted in a Primary Healthcare Unit in northern Portugal. Adults with type 2 diabetes are recruited between October 2025 and March 2026. Data collection includes sociodemographic and clinical variables, alongside food insecurity assessment using a validated scale. Metabolic control is assessed through glycated hemoglobin (HbA1c), lipid profile and body mass index. Statistical analysis includes descriptive statistics and multivariate regression models to determine the independent association between food insecurity and metabolic outcomes. **Results:** Food insecurity is associated with significantly poorer metabolic control, particularly higher HbA1c levels. Affected individuals also demonstrate less adequate dietary patterns and greater challenges in diabetes self-management, reinforcing the link between socioeconomic vulnerability and adverse clinical outcomes. **Conclusions:** Food insecurity emerges as a significant determinant of suboptimal metabolic control in type 2 diabetes. These findings strengthen current evidence by highlighting the clinical relevance of social determinants and support the integration of food insecurity screening and targeted interventions into diabetes care and public health strategies.

Keywords: food insecurity, type 2 diabetes mellitus, metabolic control; glycemic control; Social determinants of health