

IJUP'11

meeting
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researchers
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ELSEVIER

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Program

Thursday, February 17th

09:00-09:30	Registration	
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	A2 - Biological, Environmental & Health Sciences II	p. 15
	A3 - Literature & Language Sciences	p. 23
	A4 - Engineering I	p. 31
	A6 - Communication Sciences I	p. 39
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11:30-12:30	Poster Session & Coffee Break	
12:30-14:00	Lunch Break	
14:00-15:30	Parallel Oral Sessions II	
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	A2 - Biological, Environmental & Health Sciences IV	p. 55
	A3 - Psychology & Education Sciences I	p. 63
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15:30-17:00	Poster Session & Coffee Break	
17:00-18:30	Parallel Oral Sessions III	
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10:30-11:00	Poster Session & Coffee Break	
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	A5 - Sport Sciences I	p. 201
	A6 - Agronomy & Chemistry I	p. 211
12:30-14:00	Lunch Break	
14:00-15:30	A1 - Workshop "The Researcher's Checklist"	
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Adolescents eating out habits in a semi-urban city of Portugal

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Introduction: Modern lifestyles are characterized by a lack of time for everyday activities such as cooking, which lead to an increase of eating out of home. With raising importance in the overall food intake, eating out is often associated with less healthy eating habits and the risk of developing chronic degenerative diseases such as obesity. In adolescence, it is common to adopt unhealthy eating habits that can remain in adulthood. Assessing such dietary habits might help to better shape the development of strategies for conducting an early change by improving healthier eating out choices.

Aims: To characterize adolescents' eating out habits.

Methods: 100 adolescents, aged 13 to 17 years old, from five public schools placed at Ílhavo (a semi-urban Portuguese city) were evaluated by a self-administered questionnaire. Based on the Hector Eating Out Questionnaire, habits such as frequency by meals, weekend importance, places of consumption and time changes were assessed.

Results: The 51 girls and 49 boys involved had a mean age of 14.3 (sd=0.8) years old.

Either every day or at least 2-4 times a week, a large part of the students had lunch, midmorning and afternoon breaks out of home, respectively 64%, 61% and 47%. Some students also referred the same high frequency of eating out (either every day or at least 2-4 times a week) for breakfast, dinner and supper, respectively 9.5%, 13% and 7%.

Breakfast and lunch has been referred to be consumed out mainly during the week (57% and 70%), while an eating out dinner was mostly made during weekends (67%).

In comparison with the previous year, the eating out frequency has reduced for 32% of respondents, and has increased for 26% of them. The reasons stated for eating out less were mainly "more time available" and "health reasons". In opposition, eating out more often was justified by "less available time/convenience".

The places more referred for eating out occasions were: for breakfast – cafe/bar (37%), school/canteen (30%), bakery shops (22%); for lunches - school/canteen (43%), friends/family house (16%), take-away/home deliver (13%), fast-food restaurants (10%); for dinner – restaurants (28%), friends/family house (26%), fast-food restaurants (21%), take-away/home deliver (18%).

No significant statistical differences between girls and boys or among schools were found.

Conclusions: The inquired adolescents eat out quite often, mainly at lunch, midmorning and afternoon snacks but also in some extent at breakfast and dinner. The time available was the main reason stated for change the eating out frequency. In addition, schools were an important place of out of home food consumption. Although more research is needed to access the nutritional quality of eating out meals, the investment in school meals provides a great opportunity to widen the quality and variety of foods in adolescents eating out occasions.