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Health and food choice among free-living portuguese seniors

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- Poliôis R (1,2)
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- Texeira VH (1,2)
- Moreira P (1,2)
- Durão C (2)
- Pinho O (1,2)
- Silva D (1,2,3)
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Introduction
According to the last national statistics, in Portugal around 19% of the all population has plus than 65 years. Food intake affects the aging, process but aging also determines attitudes related to health and food choices and dietary patterns of populations.

Aim
The aim of this study was to identify in the Portuguese senior population, the main perceived influences on health and food choice.

Methods
This project was carried out within the "Portuguese Population's Food Habits and Lifestyles". This study was designed and promoted by Sociedade Portuguesa de Ciências da Nutrição, with the support of Nestlé, within a protocol of scientific sponsorship between the two institutions. A national representative sample of 711 Portuguese citizens aged plus than 65 years, living in their own homes, were interviewed in a face to face situation. Uni and multifactorial analysis were carried out to characterize the study sample. Factors associated to the main factors influencing health and food choice were identified by logistic regression, odds ratios and the respective confidence intervals. The analysis was done using the Statistical Program for Social Sciences (SPSS), 21.0.

Results
Food (52.6%), control weight (17.1%) and smoking (15.5%) were identified as the main factors relevant to their health. The less mentioned factors were the consumption of alcoholic beverages (8.6%) and physical activity (9.4%). The two main factors were reported mainly by women and more educated seniors. Regular physical activity was more important factor to women, younger and more educated.

The most important factors influencing food choice by the Portuguese elderly were "taste of the foods" (47.5%), followed by prices (35.8%) and try to eat healthy (30.2%). Conversely content in additives (2.7%) and food packaging or presentation (4.7%) were less important factors. Flavor was more determinant of food choice for women, younger elderly and more educated ones while price was also more women, older and with lower education.

Conclusion
The results of this study, conducted with a representative sample of Portuguese seniors, reveals the factors that should be taken into consideration to design appropriate programs to the Portuguese population and contribute to their quality of life.

Influencia de factores socioeconómicos en el estado nutricional del paciente crónico

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Introducción
La Dieta mediterránea (DM) se asocia a un menor riesgo de padecer enfermedades crónicas. La adherencia a la DM reduce el riesgo de padecer algunas enfermedades crónicas como Diabetes Mellitus, problemas cardiovasculares, hipertensión arterial, etc.

Aproximadamente, una tercera parte de las enfermedades crónicas pueden estar relacionadas con la alimentación. La alimentación está influida por los conocimientos, hábitos, gustos y factores socioeconómicos de la persona.

Los expertos hablan de pobreza o insecuridad alimentaria, para designar la situación de los grupos con bajos ingresos.
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