Introduction: Internet has become a major source of health and nutrition information. Little is known about the type of consulted websites (institutional versus non-institutional), and the tendency of subjects to discuss with a HCP about the information found on the Internet.

Objectives: The aim of this study was to investigate health and nutrition-related Internet use (overall and specific usages) in a large French population study.

Method / Design: Data were collected in 2013 by self-administered web-based questionnaires among 42 113 participants to the NutriNet-santé study. Unconditional multivariate logistic regression analyses and Chi-square tests were used for comparisons.

Results: 85.1% of the subjects used the Internet to search for health and/or nutrition information and 23.6% to read or post messages on health/nutrition forums. Only 16.0% discussed with a HCP about the information found. This proportion was lower in subjects with lower educational level and lower computer skills (P<0.0001). 8038 health/nutrition forums were cited. Institutional websites only represented 12.9% of the answers. Older subjects (P<0.0001), those with lower educational level (P<0.0001), lower computer skills (P=0.001) and lower nutritional knowledge (0.0002) were more likely to cite non-institutional websites.

Conclusions: This large population-based study showed that institutional websites were poorly frequented and that few participants discussed the information found with their HCP, especially individuals who were more vulnerable regarding misleading information. This supports the need for public health stakeholders to foster the development of high-quality websites to broadcast reliable health/nutrition information.

Keywords: (maximum 5): Health, Information search, Internet, Nutrition, Websites

149/1076. Household food insecurity trends during in times of a financial assistance program in Portugal (2011-2014)

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Introduction: Food insecurity (FI) has received much attention in recent years due to the increasing of poverty and social inequalities indicators, as a result of the economic crisis. The guarantee of food security, as a situation that exists "when all people at all times have access to sufficient, safe and nutritious food to maintain a healthy and active life", becomes a priority action for nutrition policies.

Objectives: To evaluate FI trends during the period that Portugal was under the International Monetary Fund financial assistance program.

Method / Design: Data derived from the national FI survey in Portugal – INFOFAMÍLIA Survey – conducted by the Directorate-General of Health. Data analysed includes data from four surveys, conducted between 2011-2014. FI was evaluated using a scale adapted from the Brazilian Food Insecurity Scale and data were collected by face-to-face interviews. Descriptive analyses were undertaken to determine FI prevalence. Logistic regression models adjusted for socioeconomic/demographic variables were undertaken to evaluate time trends in household FI.

Results: From 2011 to 2014 the percentage of FI ranged between 45.8% in 2014 to 50.7% in 2013. Higher percentages of FI were found during 2013. After adjusting for socioeconomic/demographic variables, the risk of FI increased significantly by 19.1% in 2013, in comparison to 2011. When we analysed time trends according to the different levels of household FI, it was found a higher risk of lower level of FI in 2013 (OR=1.215; 95%CI 1.017-1.451).

Conclusions: Our findings showed that 2013 was the year with higher levels of household FI, regarding to the overall level of FI as well as for its less severe level, suggesting that Portuguese households could have a higher perception of risk of FI this year. A decreasing trend in household FI seems to be present between 2013 and 2014, however no significantly differences were found.

Keywords: (maximum 5): FI, Portugal, economic crisis

149/1087. Efficacy of calcium and vitamin D doses in relation to bone health of elderly people

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Introduction: Increased requirements, but poor calcium intake leads to calcium deficiency osteoporosis; one of the most common nutritional deficiencies globally.

Objectives: To evaluate the impact of supplementation of different doses of Calcium and Vitamin D on bone health of the elderly

Method / Design: 122 elderly male and females (mean age: 66.23±5.53 years) with poor Bone Mass Density (BMD) and vitamin D deficiency or insufficiency were randomly selected and divided into group A (n=63) and group B (n=59). Weekly, 60,000 International Units (IU) of vitamin D were supplemented for two months to both the groups. Along with that, daily 1000 milligrams (mg) calcium with 500 IU vitamin D were supplemented to group A and 1000 mg calcium with 2000 IU vitamin D to group B, for a period of 6 months. Serum calcium and vitamin D, BMD were assessed at the baseline (BL) and after the intervention (PI).

Results: Older age was not a risk factor for poor BMD among our study population. 31.24% younger elderly were osteoporotic compared to 8.2% of old elderly (Spearman R: 0.025). In group A, significant improvement (P<0.001) in BMD (BL: -2.4±0.6, PI: -1.2±0.71), serum calcium (BL: 9.3±0.7, PI: 10.1±0.54) and vitamin D (BL: 16.9±6.3, PI: 35.9±8.9) was observed. In group B, significant increase (P<0.001) in