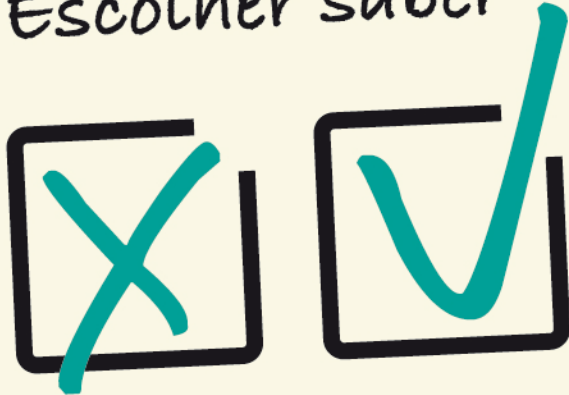


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Trends in breakfast patterns in Portuguese children. COSI Portugal 2010-2013

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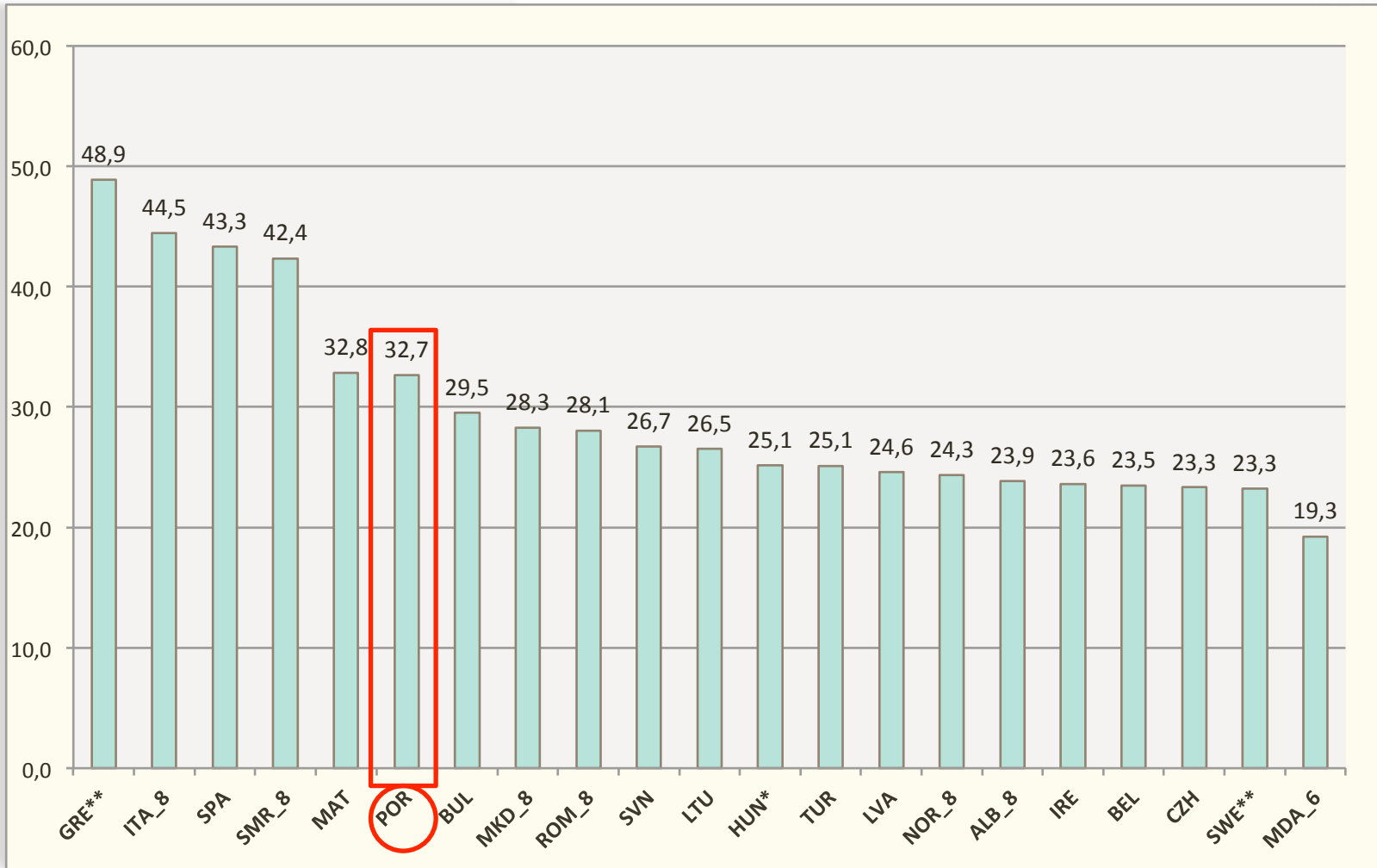
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Introduction

COSI/WHO Europe 2013

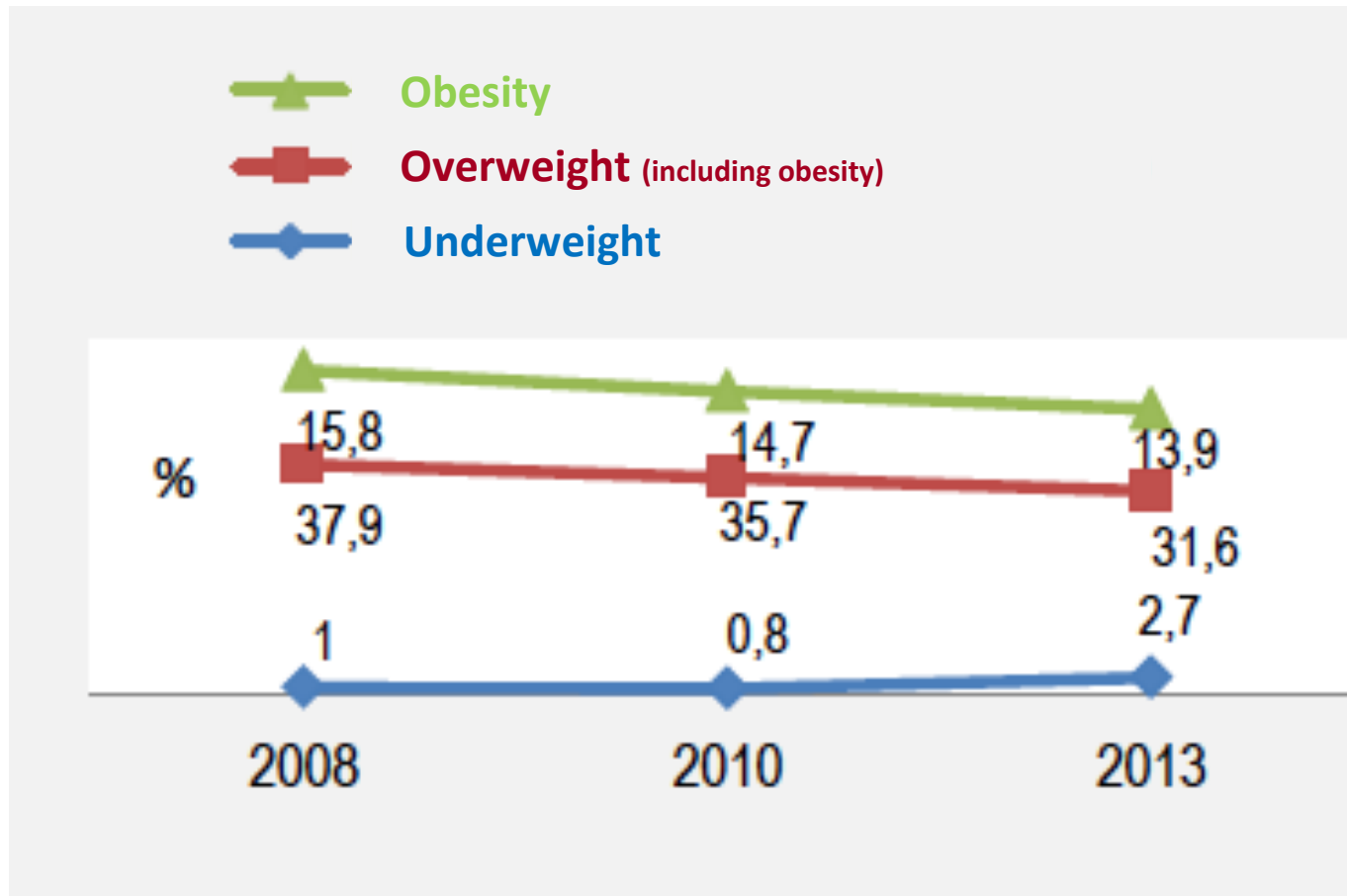
Prevalence of overweight (including obesity) in BOYS - 7 YEARS²



² Unpublished data. WHO/COSI Europe

Introduction

Evolution of the nutritional status of portuguese children between 6-8 years, in 2008, 2010 and 2013¹



¹ Relatório COSI Portugal 2013, (INSA, 2015)

Introduction

- Socioeconomic characteristics
- Genetic
- Lifestyle



Breakfast pattern ³



Introduction

Breakfast consumption is considered as one of the most important health-related behaviors, specially in children. ⁴

- Important nutritional contribution to dietary quality
- Lower BMI
- Development of cognition, academic performance and concentration
- Higher levels of physical activity ⁵

⁴ Mullan, B. A. & Singh, M. (2010). A systematic review of the quality, content, and context of breakfast consumption. *Nutrition and Food Science*, 40(1), 81-114. DOI: 10.1108/00346651011015953


⁵ Balvin Frantzen L, Trevino RP, Echon RM, Garcia-Dominic O, DiMarco N. Association between frequency of ready-to-eat cereal consumption, nutrient intakes, and body mass index in fourth- to sixth-grade low-income minority children. *Journal of the Academy of Nutrition and Dietetics*. 2013; 113(4):511-9.

Objective

Describe trends in Portuguese children's breakfast patterns between 2010 and 2013



Methods

- *Childhood Obesity Surveillance Initiative da World Health Organization/Europe (COSI)*⁶
- COSI Portugal 2nd round (2010) and 3rd round (2013);
- Analyzed data from 3773 (2010) and 5393 (2013) children aged 6-8 years old;
- Breakfast frequency, site and type;
- Qualitative and complete breakfast ⁷ 
 - Bread and cereals (namely whole grain)
 - Dairy products
 - Fruit

⁶Rito et al., 2012; Public Health Nutrition, 2015

⁷Barr SI, DiFrancesco L, Fulgoni VL, 3rd. Breakfast consumption is positively associated with nutrient adequacy in Canadian children and adolescents. The British journal of nutrition. 2014; 112(8):1373-83.

Results

- Breakfast frequency

	2010		2013	
	N	%	N	%
Daily	3519	96,1	5202	97,5
4-6 days	69	1,9	68	1,3
1-3 days	55	1,5	57	1,1
Never	18	0,5	8	0,1
Total	3661	100	5335	100

- Breakfast frequency by sex

	2010				2013			
	Female		Male		Female		Male	
	N	%	N	%	N	%	N	%
Daily	1730	48,0	1727	48,0	2565	49,0	2505	48,0
4-6 days	32	0,9	36	1,0	29	0,6	35	0,7
1-3 days	28	0,8	26	0,7	34	0,7	22	0,4
Never	9	0,3	9	0,3	1	0,1	6	0,1
Total	1799	50,0	1798	50,0	2629	50,4	2568	49,2

Results

- Breakfast site

	2010		2013	
	N	%	N	%
Home	3414	95,7	5166	96,7
In a coffee	13	0,4	17	0,3
When arrives school	93	2,6	111	2,1
At the school's bar	16	0,4	22	0,4
Another local	30	0,8	27	0,5
Total	3661	100	5343	100



Results

- Breakfast composition



	2010		2013	
	N	%	N	%
Qualitative and complete <i>(bread/cereal & dairy products & fruit)</i>	50	1,3	5202	1,6



	N	%	N	%
Most common combination <i>(bread and dairy products)</i>	512	13,7	992	18,2



	N	%	N	%
Food group more present <i>(dairy products)</i>	2814	75,4	4357	80,8



	N	%	N	%
Presence of fruit	224	6,0	454	8,0

Results

- Breakfast composition



	2010		2013	
	N	%	N	%
Presence of beverages	50	1,3	5202	1,6



	N	%	N	%
Presence of cakes, cookies or biscuits	512	13,7	992	18,2



	N	%	N	%
Presence of ready to eat cereals	2814	75,4	4357	80,8

Prevalence of overweight by region - 2013

1,1% PA completo

3,4% Não toma PA

AÇORES

1,5% PA completo

3,1% Não toma PA

NORTE

1,2% PA completo

2,4% Não toma PA

CENTRO

1,4% PA completo

1,6% Não toma PA

MADEIRA

LVT

$\leq 25\%$

$> 25\% \text{ e } \leq 30\%$

$> 30\% \text{ e } \leq 35\%$

$> 35\%$



3,9% PA completo

2,8% Não toma PA

1,3 % PA completo

4,6 % Não toma PA

ALENTEJO

1,7% PA completo

2,5% Não toma PA

ALGARVE

Conclusion

High frequency of breakfast

BUT

Negative trend in breakfast consumption



- Qualitative and complete breakfast;
- Low intake of fruit;

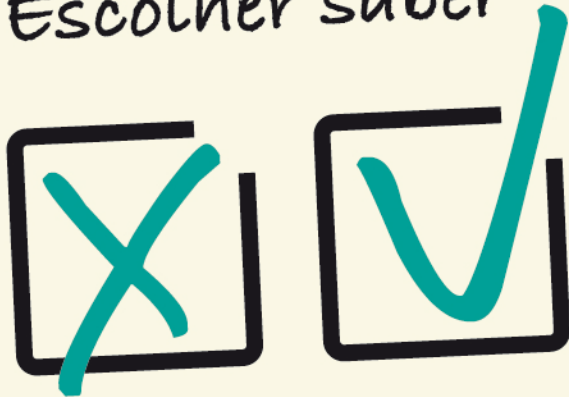


- High consumption of sweets;
- High consumption of ready to eat cereals;

Conclusion – Future

- The identification of changes in breakfast habits in the young may be seen as a potential starting point for intervention programmes.
- Interventions regarding breakfast habits should be aimed at promoting a high-quality breakfast children and should focus on fruit/vegetables.
- It is important to explore how breakfast should be defined and measured to be able to make more solid conclusions about the context, quality and content of breakfast foods.

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**Obrigada pela
atenção!**