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Prevalence of Inadequate Dietary Intake for Older People in a Medium Size City of São Paulo State, Brazil.

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INTRODUCTION: A purpose of dietary assessment is to evaluate the dietary intake of a group or a population. In Brazil few studies have been carried out to identify dietary intake for older people population. Then, the aim of this work is to estimate the distribution as well as estimate the prevalence of inadequacy of the usual intake in a representative sample of older population from Botucatu city, São Paulo.

METHODS: A sample of 365 older was used and some instruments to evaluate quality of life, activities of daily living and instrumental of daily living were applied as well as three 24-hours recall. Data from the recalls were transformed in consumption of macro and micronutrients using Nutrition Data System for Research (NDSR) software and were analyzed using National Cancer Institute method through the developed macros MIXTRAN and DISTRIB for Statistical Analysis System (SAS) v.9.3 in order to estimate the inadequacy prevalence. The values of Estimate Average Reference (EAR) or Adequate Intake (AI) were used as a cut-off to estimate de inadequacy.

RESULTS: The energy and macronutrients intake of the studied population agree with their needs, however the consumption of minerals and vitamins were below form the recommendation even after including the covariates.

CONCLUSIONS: This can reflects a monotone intake that is characteristic of this age and these inadequateness can be a serious public health problem that can carry on development of chronic diseases. Also, It is important to highlight that NCI method provide a good estimate of the usual intake.