

Food insecurity is associated with low adherence to the Mediterranean Diet and adverse health conditions in Portuguese adults



Food Insecurity Is Associated with Low Adherence to the Mediterranean Diet and Adverse Health Conditions in Portuguese Adults

Maria João Gregório^{1,2,3,4}, Ana M. Rodrigues^{1,4,5,6}, Pedro Graça^{2,3}, Rute Dinis de Sousa^{1,4}, Sara S. Dias^{1,4}, Jaime C. Branco^{1,4,5,6} and Helena Canhão^{1,2,3,4,6*}

¹EpiDoc Unit, Centro de Estudos de Doenças Crónicas (CEDOC) da NOVA Medical School, Universidade Nova de Lisboa (BMSUN), Lisboa, Portugal; ²Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto, Porto, Portugal; ³Programa Nacional para a Promoção da Alimentação Saudável, Direção-Geral da Saúde, Lisboa, Portugal; ⁴Forças de Saúde, Associação, Évora, Portugal; ⁵Sociedade Portuguesa de Reumatologia, Lisboa, Portugal; ⁶Rheumatology Research Unit, Instituto de Medicina Molecular (Lisboa, Portugal); ⁷Unidade de Investigação em Saúde BLS, Escola Superior de Saúde do Instituto Politécnico de Leiria, Leiria, Portugal; ⁸Serviço de Reumatologia do Hospital Rigor Mayor - Centro Hospitalar Lisboa Ocidental (CHLO-EPS), Lisboa, Portugal; ⁹Escola Nacional de Saúde Pública da Universidade Nova de Lisboa, Lisboa, Portugal; ¹⁰Serviço de Reumatologia, Centro Hospitalar Lisboa Central (CHSL), Lisboa, Portugal

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***Correspondence:**
Helena Canhão
hcanhao@med.ulisboa.pt
These authors have contributed
equally to this work

Specialty section:
This article was submitted to
Epidemiology
a section of the journal
Frontiers in Public Health

Received: 03 November 2017

Accepted: 01 February 2018

Published: 21 February 2018

Citation:
Gregório MJ, Rodrigues AM,
Graça P, Dinis de Sousa R, Dias SS,
Branco JC and Canhão H (2018)
Food Insecurity Is Associated with
Low Adherence to the Mediterranean
Diet and Adverse Health Conditions
in Portuguese Adults.
Front. Public Health 6:35.
doi: 10.3389/fpubh.2018.00035

Background: Food insecurity is a limited or uncertain access to the adequate food and is a significant public health problem. We aimed to assess determinants of food insecurity and the corresponding health impact in Portugal, a southern European country that faced a severe economic crisis.

Methods: Data were derived from the Epidemiology of Chronic Diseases Cohort Study (EpiDoc), a population-based cohort of 10,661 individuals that were representative of the Portuguese adult population and followed since 2011. A cross-sectional analysis of the third wave of evaluation (EpiDoc 3) was performed between 2015 and 2016. Food insecurity was assessed with the household food insecurity psychometric scale. Socioeconomic, demographic, lifestyle, adherence to Mediterranean diet (MD), self-reported non-communicable disease, health-related quality of life (HRQoL) (EQ-5D-3L), physical function (HAW score), and health resource consumption information was also collected.

Results: The estimated proportion of food insecurity was 19.3% among a total of 5,653 participants. Food insecure households had low adherence to the MD (OR = 0.44; 95% CI 0.31–0.62). In addition, diabetes (OR = 1.69; 95% CI 1.20–2.40), rheumatic disease (OR = 1.67; 95% CI 1.07–2.60), and depression symptoms (OR = 1.50; 95% CI 1.09–2.06) were independently associated with food insecurity. On average, food insecure households had a lower HRQoL (OR = 0.18; 95% CI 0.11–0.31) and a higher disability (OR = 2.59; 95% CI 2.04–3.29). A significantly higher proportion of food insecure households reported being hospitalized (OR = 1.57; 95% CI 1.18–2.07) and had more public hospital medical appointments (OR = 1.48; 95% CI 1.12–1.94) in the previous 12 months.

Autor:

Maria João Gregório, Ana M. Rodrigues, Pedro Graça, Rute Dinis de Sousa, Sara S. Dias, Jaime C. Branco and Helena Canhão

Documentos Anexos:

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