

# 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<sup>1,2,3,4,5,6</sup>, Ana M. Rodrigues<sup>1,4,5,6</sup>, Pedro Graça<sup>2,3</sup>, Rute Dinis de Sousa<sup>1,5</sup>, Sara S. Dias<sup>1,4,5</sup>, Jaime C. Branco<sup>2,3,4,5,6</sup> and Helena Canhão<sup>1,4,5,6,7,8</sup>

<sup>1</sup>EpiDoc Unit, Centro de Estudos de Doenças Crónicas (CEDOC) da NOVA Medical School, Universidade Nova de Lisboa (AMSUN), Lisboa, Portugal; <sup>2</sup>Faculdade de Ciências de Nutrição e Alimentação da Universidade do Porto, Porto, Portugal; <sup>3</sup>Programa Nacional para a Promoção de Alimentação Saudável, Direção-Geral de Saúde, Lisboa, Portugal; <sup>4</sup>EpiScience Scientific Association, Évora, Portugal; <sup>5</sup>Sociedade Portuguesa de Reumatologia, Lisboa, Portugal; <sup>6</sup>Rheumatology Research Unit, Instituto de Medicina Molecular, Lisboa, Portugal; <sup>7</sup>Unidade de Investigação em Saúde EUS, Escola Superior de Saúde do Instituto Politécnico de Leiria, Leiria, Portugal; <sup>8</sup>Serviço de Reumatologia do Hospital Egas Moniz – Centro Hospitalar Lisboa Ocidental (CHLO-ERL), Lisboa, Portugal; <sup>9</sup>Escola Nacional de Saúde Pública da Universidade Nova de Lisboa, Lisboa, Portugal; <sup>10</sup>Serviço de Reumatologia, Centro Hospitalar Lisboa Central-HSM, Lisboa, Portugal

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#### \*Correspondence:

Helena Canhão  
helena.canhao@med.unl.pt

†These authors have contributed  
equally to this work

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**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 10,861 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 (HMQ 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:

Food insecurity is associated with low adherence to the Mediterranean Diet and adverse health conditions in Portuguese adults.pdf [1]

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