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Association of adherence to dietary patterns with obesity and excess body fat in Brazilian adults**Stephanie Camila Ribeiro Silva Muniz**

University of São Paulo

Objective: To identify dietary patterns (DPs) of Brazilian adults and to evaluate the association of adherence to DPs with obesity and excess body fat (BF).**Method:** cross-sectional study with 1078 adults from the 1978/79 Birth Cohort of Ribeirão Preto (São Paulo State, Brazil) aged 37-39 years. To assess food consumption, a validated food frequency questionnaire was used. The DPs were derived by Principal Component Analysis. Adherence to DPs was categorized into consumption quartiles: low, moderate and high. Obesity was classified according to BMI: ≥ 30.0 kg/m² were considered obese. The %BF was assessed by air displacement plethysmography. Men and women with %BF ≥ 25.0 and ≥ 35.0 , respectively, were classified as having excess BF. Poisson regression was used to estimate the Prevalence Ratio (PR).**Results:** 34.4% were classified as obese and 61.5% classified as having excess BF. Three DPs were retained. DP1 was characterized by the consumption of vegetables, fruits, whole-grain breads and teas. DP2 was characterized by the consumption of high-calorie and high-fat foods. DP3 was characterized by the consumption of foods that are commonly consumed in Brazil: rice, beans, white breads, margarine, sugar, dairy products and cookies. Moderate and high adherence to DP2 was associated with obesity (PR=1.54; 95%CI=1.20-1.96; and PR=1.98; 95%CI=1.48-2.63, respectively) and excess BF (RP=1.33; 95%CI=1.16-1.51; and RP=1.52; 95%CI=1.29-1.78, respectively). High adherence to DP3 was associated with obesity (PR=1.43; 95%CI=1.06-1.91).**Conclusion:** Moderate and high adherence to a DP characterized by unhealthy foods was associated with obesity and excess BF, and high adherence to a DP with foods commonly consumed by Brazilians was associated with obesity.**Biography**

Stephanie Camila Ribeiro Silva Muniz is a Master in Science, and a PhD student. She has a degree in Nutrition. Her main areas of interest are: association of diet with obesity, body fat percentage and metabolic syndrome.