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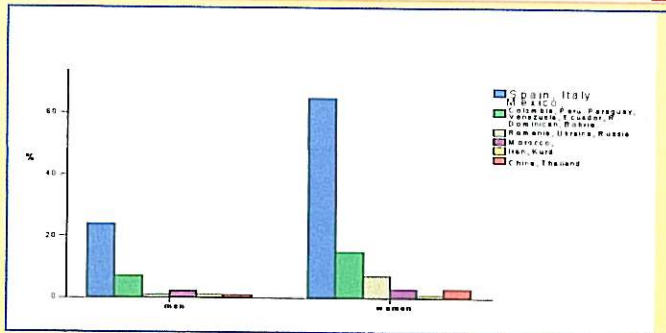
Objective

Study the dietary habits in a mature and elderly people from Spain, and European Community and other countries

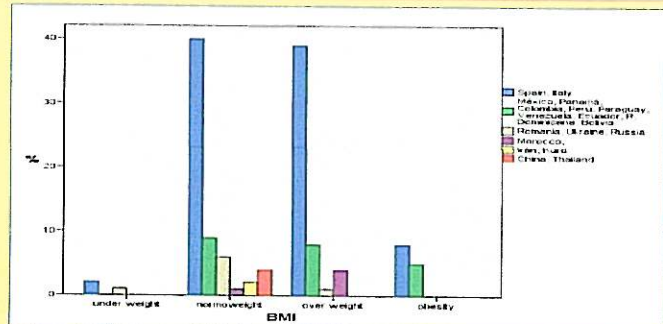
Material and Method

This cross-sectional study evaluated food consumption, lifestyle and some dietary habits in 135 randomly selected urban immigrants and native adults of both genders (71,8% women and 28,2% men) between 22 and 88 years. Body weight and height was measured with standardized methods. Waist-hip ratio was studied in both genders in order to know its possible heart-risk.

Results

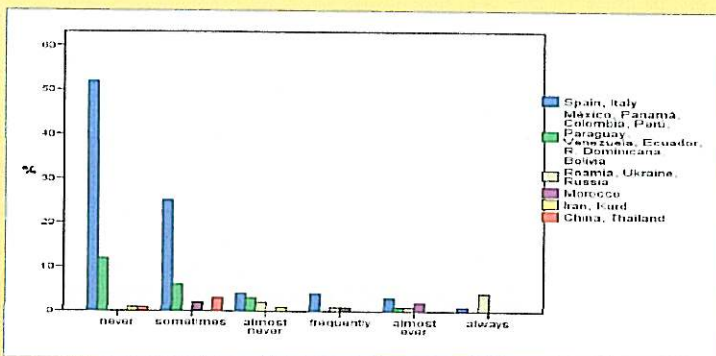


% of men and women immigrants



With respect the Body Mass Index, 47,7% of this Spanish-European community countries and immigrant population of south America show normal-weight and 39,2% shown overweight.

The results obtained for waist/hip ratio show that in a 28,8% of men, the 15% them had values higher than 1. With respect women (71,3%) the 10,1% had values higher than 0,85. In order to prevent obesity it appears to be necessary to control the composition of the diet.



The results of the present survey show that 42,9% of Spanish and other European Community countries studied and 28% of Moroccan always add more salt in her meals in contrast with the 14,3% respectively of East-European and south America countries. This may damage his health and quality of life. This is important because a big proportion of this population had problem with blood pressure and need to take medicine.

The percentages of fish intake was: 77,8% of Spanish-European Community countries and 22,2% south America countries women eat sometimes fish, in contrast with 11,1% of men.

Declared consumption of fresh vegetables (more than 5 times per week) was higher principally in women (79,4%) than in men (20,6%): Spanish and other European Community countries 55,9% (women) and 14,7% (men), in contrast with the other studied population.

TV-watching the study reflects that women population spent longer time than men watching TV, 79,2% of women watch TV for longer than 3 hours, 77,8% watch TV between 2-3 hours and 63,5% less than 2 hours. In this case with respect the different nationalities the sequence was: Spanish and other European Community countries (54,2%) > East European countries (8,3%) = Moroccan > south America countries (4,2%) = Iran-Iraq.

When we asked When you watch TV you eat or read? Only women Spanish and other European Community countries (33%) said yes, and respectively 33% of men from Spanish and other European Community and south America countries said yes.

Conclusion

On the basis of this previous results it is necessary to pay attention in improving the dietary and life style habits in order to prevent disorders and obesity.

The unfavourable lifestyle may have implications on the great majority this population. Oriented nutrition intervention programs should be promoted to promote physical activity and encourage healthy dietary habits in order to control nutrition related health problems.