

Food and leisure habits among young people of Douro Region (Portugal)

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Abstract:

Summary

This is a descriptive and transversal study whose purpose is to characterize the life style of young people of a sample constituted for high school students (School A) and professional school students (School B), both placed in Douro Region. Some study objectives are: (i) to know the food habits of study sample; (ii) to characterize the leisure activities; (iii) to classify the type of physical exercise practised; (iv) to identify thematic areas that need to be worked in health education.

The data was collected by a questionnaire self-conducted on line, drew to the effect and the anonymity guaranteed. To data treatment we turned to a statistical package (SPSS).

They answered to a questionnaire 95 students, 57,9% of school A and 42,1 % of school B.

School A: sex - 55,0% feminine and 45,0% masculine; age average – $11,5 \pm 1,34$ years.

School B: sex – 56,4 % feminine and 43,6% masculine; age average – $17,76 \pm 1,83$ years.

In the school A, students make the first meal between 7.15 a.m. and 00.30 p.m., that in large majority is the breakfast (90%). They have breakfast all days (85,0%) and all students have lunch and dinner. The students that live more far from school are those that have breakfast many times (Kruskal Wallis: $p=0,033$). However, only, 25,0% and 20,0% ingest, respectively, fruits and vegetables. We classified like thin 40% of the students. Only 5,0% practice physical exercise, 2 days a week. The leisure activity, almost exclusive, is watch TV (90,0%).

In the school B, the students have the first meal between 6.30 a.m. and 1.20 p.m., that for 94,5% is the breakfast. Have all days a week breakfast, lunch and dinner, respectively, 67,3%, 83,6% and 80,0% of students and only 21,8% and 10,9% ingest, respectively, fruits and vegetables all days: The boys ingest many times a week vegetables than the girls (Mann Whitney: $p=0,019$). In sample B, 60,0% practice physical exercise, predominantly (29,1%), 2 days a week. The boys practice many times than the girls (χ^2 : $p= 0,014$). The leisure activities are more diversified: 81,8% watch TV and 74,5% meet friends. There are 12,7 of students with excess of weight.

We conclude about our study subjects that it's necessary to insist on the importance of have a breakfast and a consumption of fruits and vegetables all days a week and to practice physical exercise with regularity, whose will contribute for a adequate weight and a healthy life.

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