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Association between eating patterns and obesity in older adults

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The increase in the variety of food choices influences the eating patterns of older adults, which is in turn influencing the occurrence of obesity. This study aimed at identifying eating patterns and their association with obesity in 355 older adults living in an urban area and registered at the basic health unit in the municipality of Botucatu, São Paulo, Brazil. This is a cross-sectional study and data collection took place between March and June of 2011 through the application of a food frequency questionnaire, a sociodemographic survey and an anthropometric evaluation. Eating patterns were identified through principal component analysis. Scores of individual consumption were divided in tertiles, characterizing as low, moderate or high adherence of the individuals to each standard. The authors then proceeded to analyze the association between the outcomes “general obesity” and “abdominal obesity” and the tertiles of consumption regarding eating patterns. Logistic regression models were fitted for the outcomes, including the sociodemographic variables associated with these outcomes. Six eating patterns were identified: Healthy foods; Snacks and weekend meals; Fruits; Light and whole foods; Mild diet; and Traditional diet. Eating was strongly associated with obesity. Eating patterns and their recognized influence on obesity comprise an issue that deserves continuous attention in order to evaluate collectively the eating profile, and develop specific nutritional guidelines for older adults.

Biography

Jose Eduardo Corrente is an undergraduate in mathematics and took his MSc and PhD in biostatistics. He is Associate Professor at Biostatistics Department - University of Sao Paulo State - UNESP, and his field of research is epidemiology of third age. Main projects are in quality of life, lifestyle and nutritional aspects for older people with respect to eating patterns and adequate intake as well as publications in reputed journals.

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