

9th International Congress on

Nutrition & Health

February 20-21, 2017 Berlin, Germany

Dairy products intake in older adults across Europe based on SHARE database

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The number of older adults worldwide is expected to triple, by 2100. There is evidence that dairy products intake is associated with a reduced risk of obesity and cardiovascular diseases, playing also an important role on calcium content and bone metabolism. However, dairy consumption has declined sharply in recent decades, particularly in developed countries. Better knowledge of health and nutritional status, as well as of appropriate nutritional behavior, might help oppose this trend. The aim of this study is to evaluate the dairy intake pattern among older adults across Europe. We conducted a cross-sectional analysis using data from wave 4 of SHARE (Survey of Health, Aging and Retirement in Europe) database. Prevalence rates of the number of weekly servings of dairy in individuals who are 50 years old and above were calculated for 16 European countries. From 56,223 registered individuals, 56.0% (n=31,460) were women. Overall prevalence rates of daily intake of dairies in Europe were 66.95 % (IC95%: 66.28-67.63%). Its prevalence in men was 63.35% (IC95%: 62.37-64.35%), and in women was 70.72% (IC95%: 69.79-71.66%). Among men, the highest prevalence was found in Denmark (85.50% [IC95%: 80.73-92.25%]) and the lowest in Poland (31.20% [IC95%: 27.37-35.51%]). Among women, the highest prevalence was found in Spain (89.40% [IC95%:85.90-94.57%]) and the lowest in Poland (32.20% [IC95%:28.82-36.14%]). The prevalence of intake of dairy products less than once a week was higher in Hungary for men (11.50% [IC95%: 9.83-13.61%]) and in Slovenia for women (8.90% [IC95%: 7.52-10.61%]). An association between higher age and lower dairy products intake was also found. The pattern of dairy product intake is very heterogeneous in European countries, differing with gender and age within a country; men and older individuals showed a lower intake.

Biography

Inês Ribeiro is currently attending last year of her Integrated Master's in Pharmaceutical Sciences at the Faculty of Pharmacy in Porto University (FFUP), Portugal. She has particular interest in the area of Healthy Ageing and has worked on Therapeutic Compliance and Education for Health among elders living in Porto. Currently, she is working on the topics of Nutrition and Eating Patterns in Europe, at the Department of Biological Sciences in FFUP.

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