

**Poster Topical Area:** Nutrition Education and Behavioral Sciences

**Location:** Auditorium

**Poster Board Number:** 212

## **P18-044 - Association between self-perception and reported fruit and vegetables intake among Mexican adults from the National Health and Nutrition Survey 2016**

 Sunday, Jun 10  8:00 AM – 6:00 PM

**Objective:** evaluate the correlation between self-perception and reported fruit and vegetables intake based on the international recommendations among Mexican adults from the National Health and Nutrition Survey 2016 (2016 ENSANUT).

**Methods:** We analyzed information from Mexican aged 20 to 59 years (n=5392) from a probabilistic, multi-stage and representative sample of the 2016 ENSANUT. Dietary data were collected using a 7-day semi-quantitative food frequency questionnaire (FFQ) of 140 food items. A classification variable for adherence or non-adherence to fruit and vegetable consumption was established based on the WHO recommendations of 400g for reported daily intake of fruits and vegetables.

On the other hand, a classification of self-perception on adequate consumption of fruits and vegetables was constructed from the Obesity, feeding behavior and physical activity perception questionnaire.

We performed a descriptive analysis to compare socioeconomic aspects for both adherence and self-perception classifications. Logistic regression models were used to identify associations between both classifications. Finally, a sensitivity and specificity analysis for the correspondence of self-perception of adequate consumption to adherence was used.

**Results:** According to the logistic regression model adults of 40 to 49 years ( $p=0.002$ ) and those in the higher socioeconomic status ( $p=0.006$ ) showed a significant increase of adequate fruit and vegetables consumption. The same occurred with the proportion of adherence, showing a similar significant increase ( $p<0.001$ ), and a greater adherence for higher scholar level ( $p<0.001$ ). Finally, correct self-perception consumption of fruit and vegetables can correctly identify adherence to consumption in 41.2% (sensitivity), on the

other hand self-perception of incorrect fruit and vegetables consumption can correctly identify non-adherence in 81.3% (specificity).

**Conclusions:** Less than a half of the adults that perceive adherence to the recommendations of fruit and vegetables intakes actually consume them, and are those with better live conditions as higher scholar level and socioeconomic status.

## **Presenting Author**

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