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COVID-19: Effects on weight, diet, and physical activity in the population of Uruguay in the period March 2020-June 2021

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Statement of the problem: An increase in weight, increased food consumption and decreased physical activity was shown in the population due to the COVID-19 pandemic. Study the repercussions of COVID-19 on weight, diet, and physical activity in the Uruguayan population from March 13, 2020, to June 10, 2021.

Methodology & theoretical orientation: Cross-sectional descriptive design between March 13th, 2020, to June 10, 2021, in the internet users over 18 years old Database was weighted by sex, age, Study the repercussions of COVID-19 on weight, diet, and physical activity in the Uruguayan population from March 13, 2020 to June 10, 2021. A self-administered web survey was applied at two cut-off points, the first between March 13 and December 2020, the second between January 1 and June 10, 2021. A self-administered web survey was applied at two cut-off points, the first between March 13. The repercussions on weight, eating habits, and physical activity by sex, geographic region, and educational level were surveyed.

Findings: Women reported a higher increase than men at all educational levels ($p < 0.005$) and there were no differences by region. The increase was significantly higher among those who felt more anxious than before, those who experienced more sadness, those who felt calmer. In food consumption, differences were also found by educational level, with 10.1% at the low level and 17.1% at the high level ($p < 0.004$). The decrease in physical activity was significant at all educational levels, being greater at the lowest educational level ($p < 0.001$).

Conclusion: The pandemic caused by COVID-19 affected the increase in weight and food consumption, and the decrease in physical activity, risk factors for chronic non-communicable diseases.

Biography

Cecilia Severi is a PhD. in Medical Sciences from Graduate School, of Medicine, Uruguay. She has been working as an Epidemiology teacher at the Faculty of Medicine, Universidad de la República Uruguay since 1984. She worked at the United Nations as a consultant. She published several articles in international journals and assisted as a speaker in several Congresses. She also evaluates investigation projects.