

EUROPEAN ENDOCRINOLOGY AND DIABETES CONGRESS

August 22-23, 2022 | Webinar

Food intake and physical activity patterns in the working population of the Uruguayan State Electrical Company (UTE): Design, protocol and methodology of the IN-UTE Study

Cecilia Severi

University of the Republic, Uruguay

Noncommunicable diseases are the first cause of death in the whole world, and most are potentially preventable; they are long term diseases and generally are slowly evolving. In Uruguay 64.9% of the population between 25 and 64 years of age are either overweight or obese. The scientific data available show that workplaces is a good place to develop food intake interventions for a healthier life.

The aim of the present study is to evaluate the food intake and physical activity patterns of the Uruguayan State Electrical Company (UTE) workers, which is distributed in the whole country and the associations with overweight and obesity to establish institutional strategies to improve the situation. This study, called IN-UTE, is a cross-sectional, randomized, representative of the population of workers of Uruguayan State Electrical Company with a precision of 3% and a confidence level of 95%. To do this a sample of 1964 workers who started in the company between the 1st January 2010 and the 31st December 2017 was selected. The anthropometric variables weight, height, waist circumference, percentage of fat mass and percentage of visceral fat will be measured. To evaluate food intake, a questionnaire of frequency of consumption of different foods and two 24-hour dietary recalls (24-h DR) will be performed. To evaluate physical activity, accelerometry will be used and International physical activity questionnaire (IPAQ) will be applied. Clinical data will also be obtained from the Company's clinical charts.

IN-UTE is the first study undertaken in Uruguay in workers of both the public and the private sectors to investigate their food intake and physical activity practices to establish healthy lifestyle policies. Registered under ClinicalTrials.gov Identifier n° NCT04509908.

Biography

Cecilia Severi is from University of the Republic in Uruguay. She has her expertise in endocrinology. The aim of the present study is to evaluate the food intake and physical activity patterns of the Uruguayan State Electrical Company (UTE) workers.