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Adequacy of dietary intake of obese individuals attended at a public health unit in the Federal District

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Obesity is a chronic and multifactorial disease that affects 18.7% of the population over 18 years in Brazil and 15.3% in the Federal District (DF) according to data from Vegetal (2017). In recent years, it has been observed that obese individuals present not only increased adipose mass but also an association with a significant reduction in skeletal muscle mass. In view of this situation, the term "sarcopenic obesity" was first mentioned in the scientific literature in a study published by Heber et al. (1996). In the Brazilian recommendations proposed for the management of obesity (ABESO, 2016) there is a clear indication of the importance of the diagnosis of obesity to determine which therapy is more appropriate for each patient. The objective of this study was to evaluate the adequacy of the caloric intake consumed by obese individuals, who started the treatment of obesity in a public health unit as well as to analyze and compare the macronutrient distribution of the ingested diet in relation to the weight loss proposals suggested by the algorithm of obesity (HARVARD, 2018). The dietary pattern of the patients at the first visit was analyzed by means of the 24hour reminder. The total caloric value (TCV) and macronutrient calculation were established by the Brazilian Food Composition Table (TACO, 2011) and compared to the recommended dietary intake (RDA) proposed by the Institute of Medicine (IOM) and the obesity algorithm. The consumption of 53 adult patients (41 females and 12 males) with a mean intake of 1712 Kcal (minimum of 807 and maximum of 3068 Kcal) were analyzed, with only 20% consuming a value considered as "low in calories" (between 1200 and 1500Kcal for women and between 1500 and 1800Kcal for men). The majority (60%) consumed a hypoproteic diet (below 0.8g of protein per kg) and hyperlipidic (over 30% of the TCV) and 87% consumed an increased amount of carbohydrate compared to that proposed by the algorithm (130g per day). During weight reduction programs, a loss of 75% of the weight of the fat tissue can be present against a reduction of 25% of muscle mass depending on the caloric deficit and macronutrient composition. Thus, it is important to direct the dietary plan for the reduction of body weight and also for the recovery of a possible sarcopenic state through an adequate distribution of macronutrients.

Biography

Fernanda Farias Master's Degree Health Sciences of the Health Science Teaching and Research Foundation (FEPECS) of the Higher School of Health Sciences (ESCS) of the State Department of Health of the Federal District (SES/DF); in Specialist in Obesity, Specialist in Clinical Nutrition; Specialist in the Family Health Program; Specialist in Public Management; Graduated in Nutrition from the University of Brasilia (UnB) and graduate in psychology from the UniCEUB; Preceptor of the Multiprofessional Residency Program in Adult and Elderly Health at ESCS/FEPECS/DF; a servant of SES/DF for 18 years. He received, as nutrition professional, Praise Motion from the Legislative Chamber of the Federal District for the relevant services provided to the DF community.