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Changes of nutritional state and eating patterns: A cohort study in Uruguay**Cecilia Severi***University of the Republic of Uruguay, Uruguay*

Overweight and obesity are one of Public Health problems nowadays. In urban contexts the problem is more severe because obesogenic life habits. In the case of children prevalence is increasing in Uruguay like high- and medium-income countries, reaching 12% to 25% of overweight. The early onset of overweight is associated with greater weight retention in later life, as well as how eating habits tend to last.

This study has the objective to evaluate eating patterns and their effect over the nutritional state in two moments of a cohort study which started in 2013 with a national representative sample which was of 2383 children of 6 to 47 months of age. Second wave was in 2016.

This research evaluated changes of nutritional state from one to second wave and eating habits associated.

Feeding patterns were built through cluster analysis using the hierarchical method of the Partitioning Around Medoids algorithm and subsequently its effects on three nutritional status outcomes were estimated based on a theoretical model using multinomial logistic models.

Analysis was done separately in two age groups: 3 to 5 eating habits were built identifying one healthier and more other with ultra-processed. The effect of of eating pattern, increased the probability of overweight and obesity of more than 10 percentile points with a synergic between eating patterns in both waves.

In conclusion, eating patterns in early childhood begin to show impact in nutritional state, even before school age.

Biography

Cecilia Severi is a prominent researcher and academic affiliated with the University of the Republic of Uruguay. Her research focuses on public health, nutrition, and epidemiology, particularly concerning dietary habits and their long-term health impacts. Cecilia has contributed significantly to understanding changes in nutritional states and eating patterns through her cohort study conducted in Uruguay. This research explores how dietary behaviors evolve over time, shedding light on the socio-economic and cultural factors that influence nutrition in the region. Her work plays a crucial role in developing effective public health strategies to improve nutrition and combat diet-related diseases.