car anomalias da homeostase da glicemia, cujo diagnóstico pode variar dependendo da entidade que estabelece os critérios. **Objectivos**: Avaliar a prevalência de anomalias da homeostase da glicemia em doentes obesos utilizando critérios de diagnóstico da ADA 2011 e da IDF/OMS 2006. Calcular a sensibilidade e especificidade da HbA1c como critério de diagnóstico de diabetes quando comparada com métodos tradicionais de diagnóstico. **Métodos**: Foram estudados 96 doentes obesos (24 homens e 72 mulheres) sem diagnóstico prévio de disglicémia e sem terapêutica hipoglicemiante, com idade média de 39,1±13,8anos, peso de 107,2±19,8Kg, perímetro abdominal de 117,6±14,8cm, IMC de 40,4±6,2Kg/m2 e percentagem de massa gorda de 52,8±9,9%. Foram requisitadas a todos os doentes: glicemia em jejum, aos 120 minutos após 75g de glicose oral (PTGO), HbA1c e perfil lipídico. **Resultados**: Os doentes apresentaram uma glicemia em jejum média de 97,9±20,26mg/dl e uma HbA1c de 5,8±0,76%; 66 doentes realizaram PTGO, com uma glicemia média aos 120 minutos de 135,2±44,4mg/dl. Destes, identificaram-se 52 doentes com anomalias da homeostase da glicemia (78,8%). Utilizando os critérios IDF/OMS, a prevalência da anomalia da glicemia em jejum foi de 7,6%, no entanto, considerando os critérios ADA, a prevalência ascendeu aos 31,8%. Foi diagnosticada diabetes por glicémia em jejum em 5 doentes (7,6%). Após realização de PTGO, 16 doentes (24,2%) apresentaram tolerância diminuída à glicose, e 7 doentes diabetes (10,6%). Utilizando como critério diagnóstico a HbA1c, 20 doentes (30,3%) tinham hiperglicémia intermédia e 8 (12,1%) diabetes. Na globalidade, identificaram-se 11 doentes com diabetes (16,7%). Apenas 3 apresentavam simultaneamente todos os critérios de diagnóstico. A HbA1c foi o critério que permitiu diagnosticar maior número de doentes com diabetes. Comparando este método relativamente à glicemia em jejum e PTGO, a sua sensibilidade é, respectivamente, de 80% e de 71,4%; a sua especificidade de 93,4% e 94,9%. **Conclusões**: A prevalência de anomalias da homeostase da glicemia na população obesa é muito elevada. Na população estudada a HbA1c foi o método que diagnosticou o maior número de doentes com hiperglicémia intermédia e diabetes, apresentando boa sensibilidade e especificidade. No entanto, cada método identificou doentes diferentes. Tendo em conta o tamanho da amostra, a discussão sobre qual o melhor método e os respectivos pontos de corte permanece em aberto.
Palavras chave: obesidade diabetes A1c

CO 40
Obesity is underdiagnosed and undertreated in the Portuguese population

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Background/objectives: Obesity is a risk factor for a variety of diseases, but whether this condition is diagnosed and managed by health professionals has received little attention. This study aimed to assess the prevalence and factors associated with the diagnosis and treatment of obesity in the Portuguese population. **Subjects/methods**: Data from the Portuguese National Health Survey conducted between February 2005 and January 2006 on 34,525 participants aged 15+ years representative of the Portuguese population (participation rate: 76%). Height and weight were self-reported. **Results**: Of the 5,263 participants with obesity, 883 (16.8%, Confidence Interval: 15.8 – 17.8%) were aware of their status, of which 577 (65.4%, CI: 62.1 – 68.5%) had their diagnosis made by a health professional and 133 (15.1%, CI: 12.8 – 17.6%) were treated for their condition. Multivariate logistic regression showed female gender, higher education,

higher BMI and presence of cardiovascular risk factors (smoking, hypertension or diabetes) to be positively (p<0.05) associated with awareness of obesity. Higher BMI, presence of hypertension or diabetes were positively associated and current smoking was negatively associated with obesity being diagnosed by a health professional. Diabetes and increased BMI were significantly and positively related with being treated for obesity. Participants treated for obesity reported a lower consumption of bread, potatoes/pasta/rice and a higher consumption of soup, milk/dairy products, salads/vegetables and fruit, while no differences were found regarding physical activity. **Conclusion**: obesity is underdiagnosed and undermanaged in the Portuguese population.

Keywords: obesity; diagnosis; treatment; population; Portugal

CO 41
Ten-year trends in overweight and obesity in the adult Portuguese population, 1995 to 2005

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Background: There is little information regarding the trends in body mass index (BMI) and obesity in the overall Portuguese population, namely if these trends are similar according to educational level. **Methods**: Cross-sectional national health interview surveys conducted in 1995-6 (n=38,504), 1998-9 (n=38,688) and 2005-6 (n=25,348). Height and weight were self-reported; the effects of gender, age group and educational level were also assessed. **Results**: Mean (±standard deviation) BMI increased from 25.2±4.0 in 1995-6 to 25.7±4.5 kg/m^2 in 2005-6. Prevalence of overweight remained stable (36.1% in 1995-6 and 36.4% in 2005) while prevalence of obesity increased (11.5% in 1995-6 and 15.1% in 2005-6). Similar findings were observed according to age group. Subjects with primary education had higher overweight and obesity levels than subjects with secondary or university education. Mean BMI increase (expressed in kg/m^2/year and 95% confidence interval) was 0.083 (0.072-0.094), 0.019 (0.003-0.034) and 0.084 (0.059-0.109) in men with primary, secondary and university levels, respectively (all p<0.05); the corresponding values in women were 0.093 (0.081-0.105), 0.061 (0.043-0.078) and 0.096 (0.072-0.12), all p<0.001. Relative to 1995-6, obesity rates increased by 48%, 41% and 59% in men and by 40%, 75% and 177% in women with primary, secondary and university levels, respectively. The corresponding values for overweight were 6%, 1% and 23% in men and 5%, 7% and 65% in women. **Conclusion**: Between 1995 and 2005, obesity increased while overweight remained stable in the adult Portuguese population. Although higher rates were found among lesser educated subjects, the strong increase in BMI and obesity levels in highly educated subjects is of concern.

Keywords: epidemiology; trends; prevalence; overweight; obesity; population; Portugal; education

CO 42
Relação de dependência entre IMC e pressão arterial em idades precoces, numa amostra representativa do instituto politécnico de bragança

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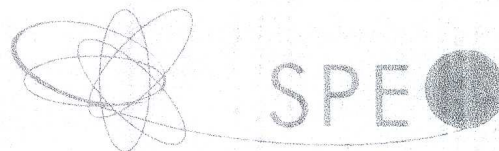Escola Superior de Educação-Instituto Politécnico de Bragança
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15.º CONGRESSO PORTUGUÊS DE OBESIDADE

Combater a Obesidade: uma missão possível

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SOCIEDADE PORTUGUESA PARA O ESTUDO DA OBESIDADE