

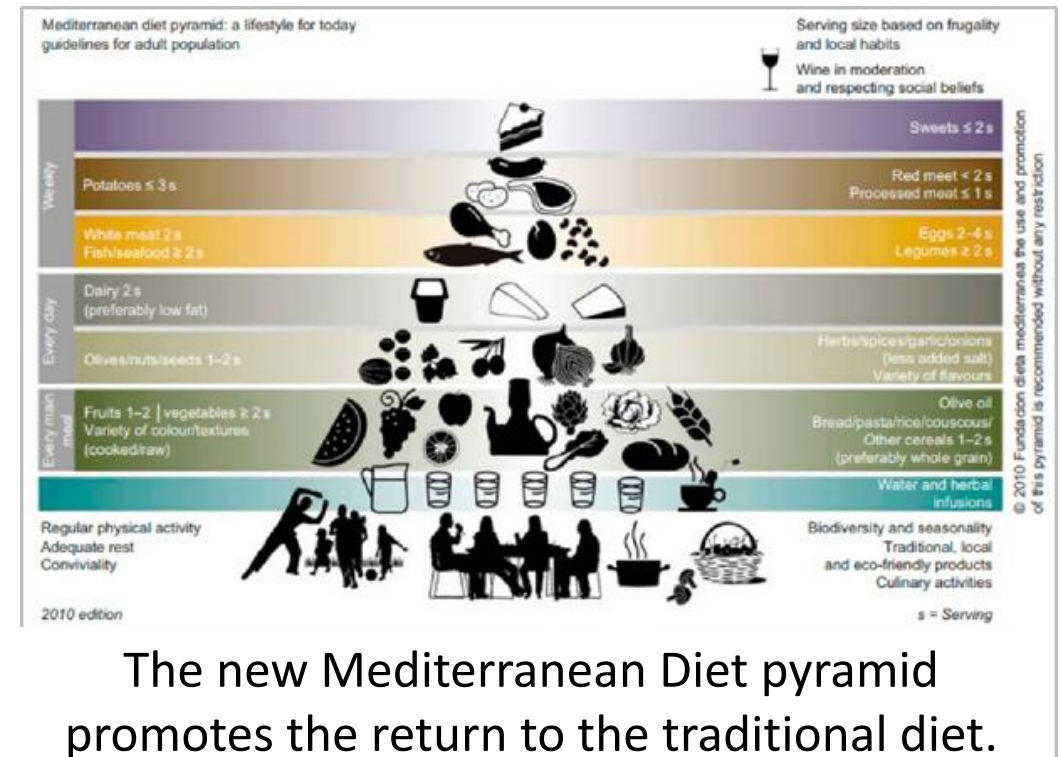
Healthy lifestyle behaviours and its determinants in a sample of Portuguese adults

- 1st International Congress
- Quality of Life – Research & Innovation

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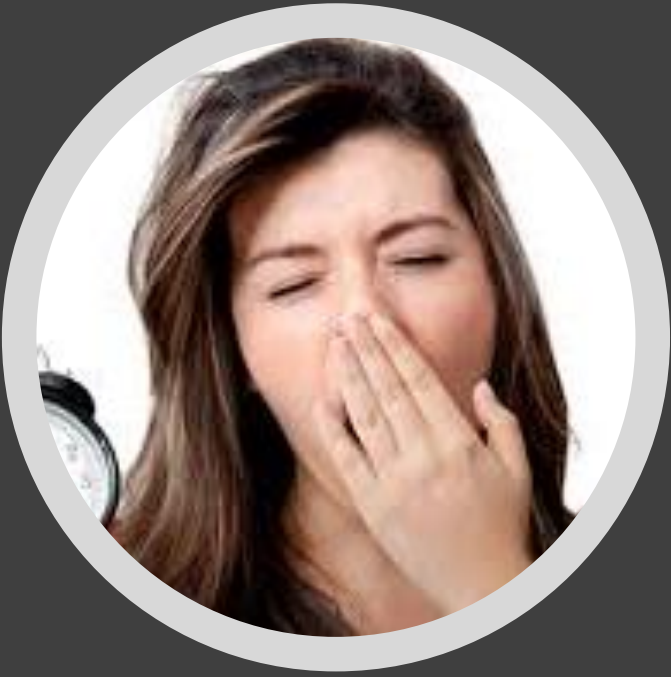
Introduction

Portugal presents the fundamental features of a mediterranean country: climate, geography, economy, culture and portuguese people's daily lifestyle



The new Mediterranean Diet pyramid promotes the return to the traditional diet.

A high adherence to the Mediterranean food pattern and regular physical activity is associated with a reduced the risk of mortality, which becomes more notable when these and other lifestyles are combined.



AIM

evaluate motivation to ADOPT
HEALTHY lifestyle habits

Methodology

A survey was prepared and distributed online to the entire academic community, institutional and personal contacts, between April and June 2020.

The survey contained questions about general motivation towards the change of specific habits such as physical activity; eating habits, smoking cessation and sleeping hours

206 respondents

73% women

79% 18 to 40 years old

94% resident on urban areas

75% non-smokers

Results

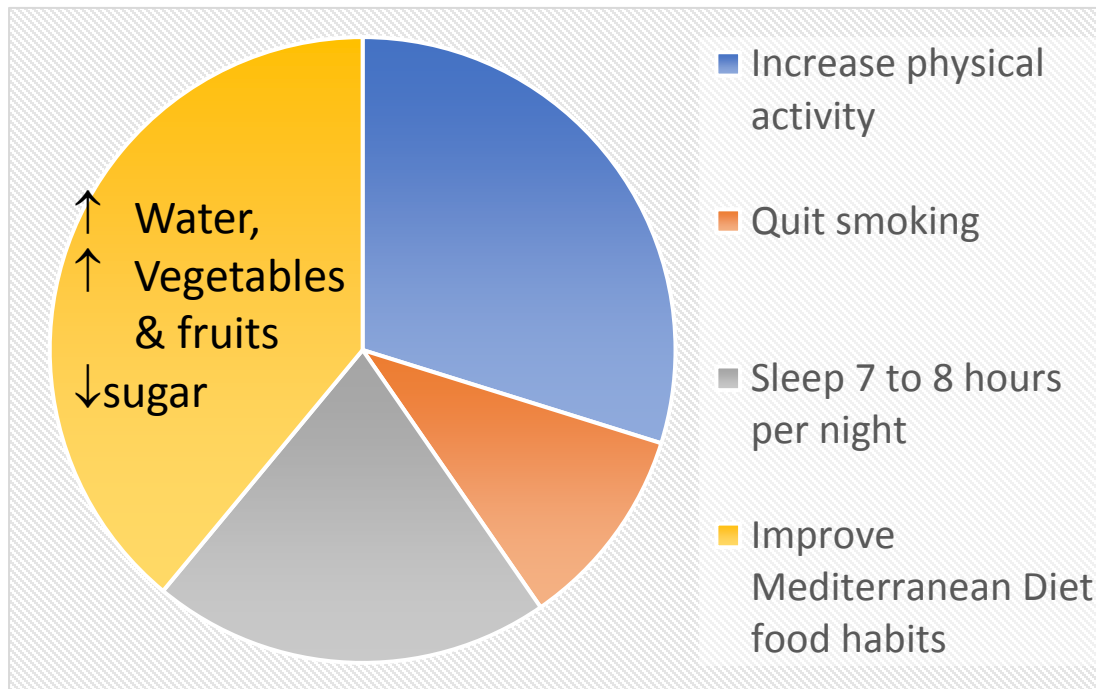
Would you be willing to increase your **well-being** though adopting a healthier lifestyle?

YES 83% | **NO** 1%

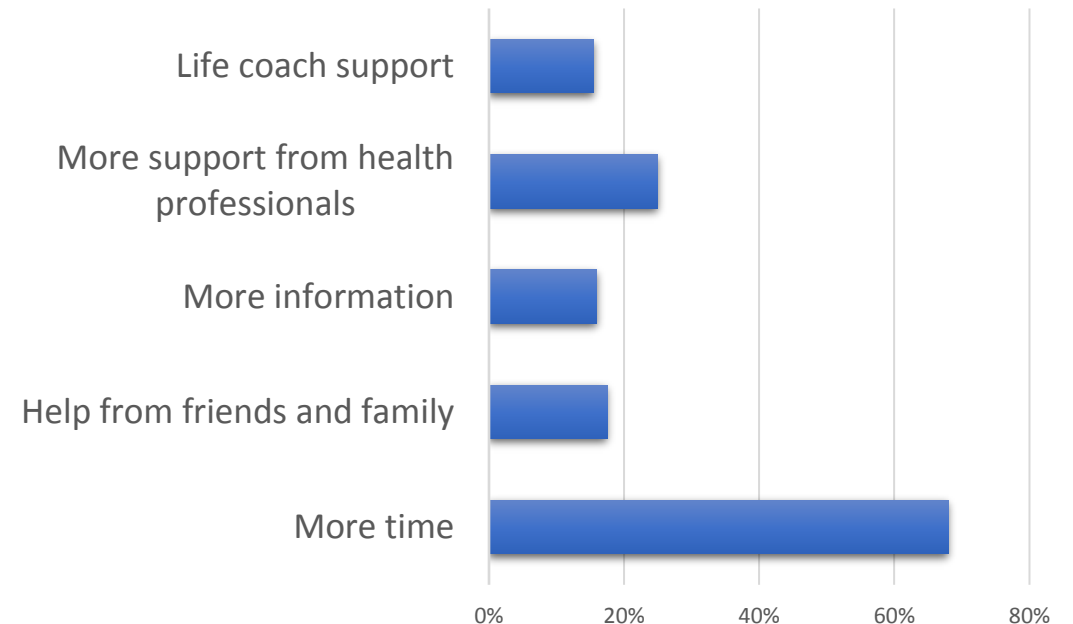
I did not think about this 16%

Results: % of respondents selecting the option

Personally, what would you like to change to improve your health and well-being?

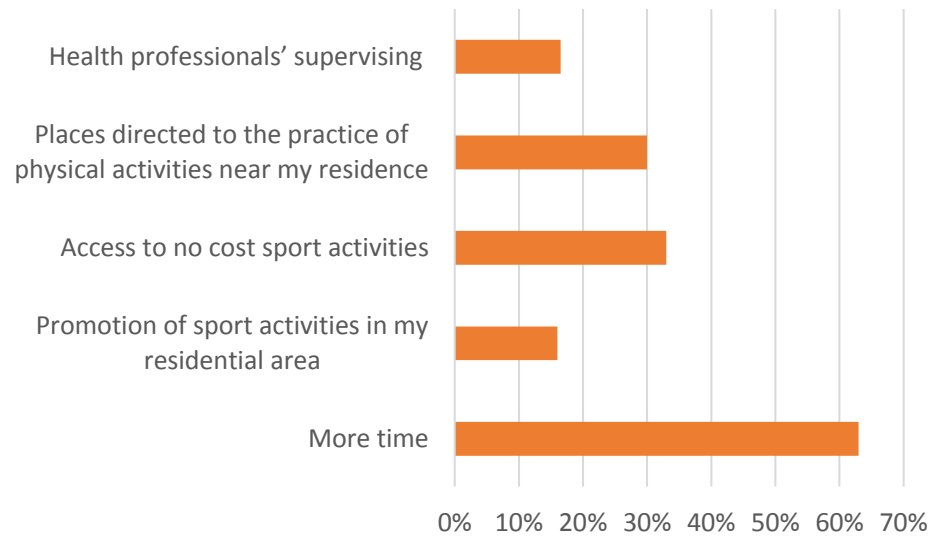


Generally, what would help you to adopt habits leading to a better well-being?

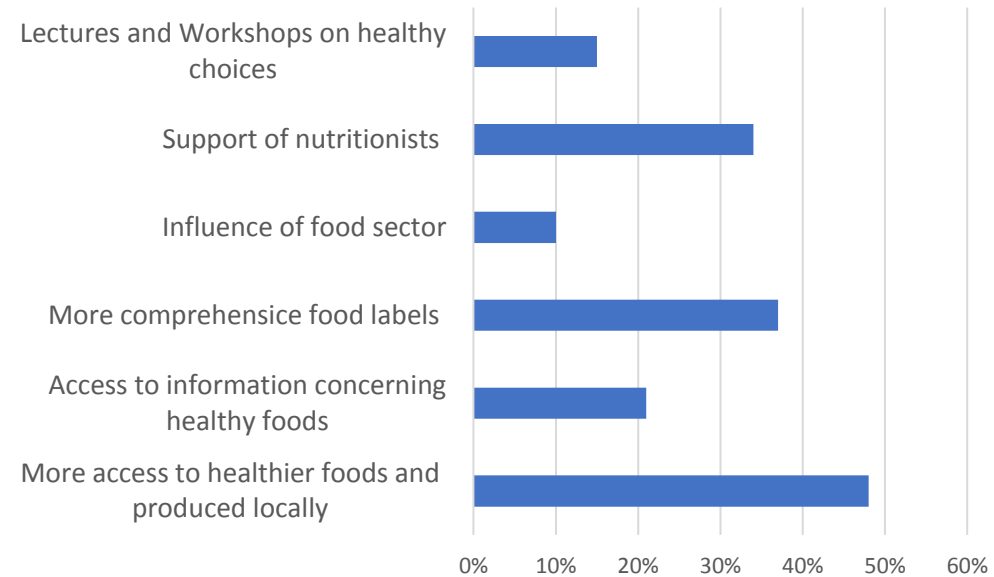


Results

What would motivate you to increase your physical activity?



What would motivate you to adopt Mediterranean diet?



Conclusion

- Eating habits and physical activity were pointed out as the factors that most influence the health and well-being of the participants.
- Lack of time was the main factor of a sedentary lifestyle.
- More access to healthier foods produced locally was the main factor to motivate Mediterranean diet



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"