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ORIGINAL ARTICLE

Body image dissatisfaction and dietary patterns according to nutritional status in adolescents[☆]

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KEYWORDS

Dietary patterns;
Body image dissatisfaction;
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Body mass index

Abstract

Objective: There is a lack of data on the association between body self-perception and eating patterns in Brazil. Thus, this study aimed to explore the relationship between body image dissatisfaction (BID) and eating patterns by the anthropometric status in adolescents.

Methods: A cross-sectional study of 1496 adolescents was conducted. The participants completed the Body Shape Questionnaire. Demographic, anthropometric, and socioeconomic data were collected, as well as information regarding the pubertal development and dietary intake. Logistic regression was performed to evaluate the associations of interest.

Results: BID was identified in 19.5% of the adolescents. Three dietary patterns were identified: (1) the Western pattern was composed of sweets and sugars, soft drinks, typical dishes, pastries, fast food, beef, milk, and dairy products; (2) the Traditional pattern was composed of oils, chicken, fish, eggs, processed meat products, cereals (rice, cassava flour, pasta, etc.), baked beans, and bread; and (3) the Restrictive pattern was composed of granola, roots, vegetables, and fruit. Among overweight/obese adolescents, the data indicated a negative association of slight BID (OR: 0.240 [0.100; 0.576]) and moderate BID (OR: 0.235 [0.086; 0.645]) with the Western dietary pattern. Additionally, in this group, there was a positive association between high BID and the Restrictive pattern (OR: 2.794 [1.178; 6.630]).

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64**PALAVRAS-CHAVE**Padrões alimentares;
Insatisfação com a
imagem corporal;
Adolescentes;
Índice de massa
corporal

Conclusion: Amongst overweight/obese adolescents, those with slight and moderate BID were less likely to follow a Western-like dietary pattern when compared with those satisfied with their body image. Additionally, in this group, adolescents with high BID was more likely to follow a restrictive pattern.

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Insatisfação com a imagem corporal e padrões alimentares de acordo com o estado nutricional em adolescentes**Resumo**

Objetivo: Há poucos dados sobre a associação entre autopercepção corporal e padrões alimentares no Brasil. Assim, este estudo teve como objetivo explorar a relação entre insatisfação com a imagem corporal (IIC) e padrões alimentares de acordo com o estado antropométrico em adolescentes.

Métodos: Um estudo transversal com 1.496 adolescentes foi conduzido. Os participantes preencheram o Questionário de Imagem Corporal. Dados demográficos, antropométricos e socioeconômicos foram coletados, bem como informações relacionadas ao desenvolvimento puberal e ao consumo alimentar. Foi realizada uma regressão logística para avaliar as associações de interesse.

Resultados: A IIC foi identificada em 19,5% dos adolescentes. Três padrões alimentares foram identificados: (1) O padrão Ocidental, composto de doces e açúcares, refrigerantes, pratos típicos, artigos de pastelaria, *fast food*, carne bovina, leite e laticínios, (2) o padrão Tradicional, composto de óleos, frango, peixe, ovos, produtos de carne processada, cereais (arroz, farinha de mandioca, massas, etc.), feijão cozido e pão e (3) o padrão Restritivo, composto de granola, raízes, verduras e frutas. Entre adolescentes acima do peso/obesos, os dados indicaram uma associação negativa entre IIC leve [RC = 0,240 (0,100; 0,576)] e IIC moderada [RC = 0,235 (0,086; 0,645)] e padrões alimentares Ocidentais. Além disso, nesse grupo, houve uma associação positiva entre a IIC grave e o padrão Restritivo [RC = 2,794 (1,178; 6,630)].

Conclusão: Entre adolescentes acima do peso/obesos, aqueles com IIC (leve e moderada) apresentaram menor probabilidade de seguir um padrão alimentar Ocidental em comparação aos satisfeitos com sua imagem corporal. Além disso, nesse grupo, adolescentes com IIC grave apresentaram maior probabilidade de seguir um padrão Restritivo.

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Introduction

Obesity has become a major nutritional problem in the modern world, and its incidence increasing rapidly in both developed and many developing countries.¹ In Brazil, national surveys conducted over recent decades have also shown an increase in overweight and obesity in Brazilian adolescents, suggesting an epidemic trend. The Household Budget Survey, conducted in Brazil in 2008/2009, estimated that approximately 20% of 10–18-year-olds were overweight.² Adolescent obesity is associated with significant immediate and long-term health risks; it also predicts obesity in adulthood and increased risk of adult morbidity and mortality.³

In a society where most adults and a significant proportion of children and adolescents are overweight and attempting to lose weight, it is not surprising that weight concerns and body dissatisfaction are common. Body image is considered a multifaceted construct that involves an individual's perceptions, thoughts, feelings, and behaviours

about the size, shape, and structure of his/her body.⁴ Within the adolescent population, a negative body image perception and poor self-esteem may result in health-related effects, such as depressive symptoms and greater risk of clinical eating disorders.⁵ Previous studies indicate that the prevalence of body image dissatisfaction (BID) in developed countries ranges between 35% and 81% among female adolescents and between 16% and 55% among male adolescents.⁶ In Brazil, the results from the National Survey of School Health (Pesquisa Nacional de Saúde do Escolar [PeNSE]) show that more than 38% of the adolescents did not consider their body as normal.⁷ Over 15% of the students reported adopting extreme weight control practices, combining practices to lose or gain weight. Adolescents who considered themselves fat presented with a frequency of extreme practices for weight loss that was 92% higher than that shown by individuals who considered themselves to have a normal weight.⁷

Overall, the current results highlight the importance of body image for adolescent nutritional habits and food

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