Adherence to the Mediterranean Diet in a UAB students

Objectives: Determine adherence to the Mediterranean Diet in students of the UAB and its relationship with several factors that may condition the degree of adherence.

Study structure
- Introduction
- Methodology
- Results
- Discussion
- Conclusions

We analyzed the differences in proportions distribution and ANOVA test with R 2.15.0 and DEDUCER.

Factors included:
- Mother (44%)
- Father (8%)
- My self (30%)
- University restaurant (2%)
- Others (9%)

Population characteristics:
- 70.5% 21.53 years
- 29.5% 23.55 years

Conviviality
- Parents (66%)
- Couple (8%)
- Friends (12%)
- Alone (5%)
- Residence (4%)
- Others relatives (3%)
- Others (3%)

Demographic characteristics
- Who cook?

Khidmed index
- Age
- Adherence
- Adherence to the Mediterranean Diet
  - Intermediate adherence
  - Adherence
- 6.69
- 6.50

Factors
- Physical activity
- Consumption of meat
- Water

Conclusions:
- Significant differences were noticed among physical activity, consumption of meat and water on the degree of connection with the Mediterranean Diet.
- The knowledge doesn't necessary imply change in food habits.

Intangible Cultural Heritage of Humanity

UNESCO

DINEDI
- RED WINE
- ADEQUATED REST
- CULINARY ACTIVITIES
- WHOLE GRAINS
- HERBS & SPICES
- PHYSICAL ACTIVITY

Fruits & Veggies
- SWEETS
- NUTS
- HUMANS
- WHOLEMEAT