

Relationship between age and eating attitude in women engaged into a physical activity program

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Currently, we are facing an increased prevalence of two quite different situations, but equally harmful: eating disorders (ED) and obesity. The unattainable ideal of beauty can be the cause of TA development (Levitan, Nardi, 2006). Anorexia and bulimia nervosa are characterized by the fear of gaining weight, voluntary reduction of food intake, weight loss or massive ingestion of food followed by vomiting, using laxatives and / or diuretics. These disorders affect mainly adolescents and young women of reproductive age, and present significant prevalence in the general population (Magalhães, Mendonça, 2005). Thus, the aim of this study was to correlate the age and attitude of food entering a program of physical activity. We evaluated 22 women aged between 21 and 74 years (mean 38.59 ± 13.61 years) and average BMI of 24.18 ± 3.04 kg / m² via the EAT-26 (Eating Attitudes Test) (Gardner, Garfinkel, 1979). All signed the Term of Consent n.398-2008. According to the nature of the data, we used nonparametric correlation (Spearman test) to verify the relationship between age and outcome of the EAT-26. Level of significance used was $p < 0.05$. It was observed a moderate, negative correlation (-0.0572) and significant ($\alpha = 0.005$). This result shows that the older the woman is, the lower score on the EAT. The studies in the literature (Hoerr et al., 2002; Morgan, Anderson, 1998, Morgan et al., 2002) show that children, adolescents and college students have a higher tendency to develop eating disorders. We conclude that age has strong influence on eating attitude of women.

References

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