



# Plenufar 6

## Nutritional education and physical activity

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### Subject area

Community pharmacy  
Best results.

### Background

Regular physical exercise contributes positively to the individual's health. It is also important to comply with nutritional and hydration recommendations. Good nutrition is like an invisible training without which physical exercise would not have the beneficial effect is usually attached to.

### Objectives

To collect information on the nutritional situation and the practice of physical activity in Spanish population in order to assess the follow-up of a healthy diet.

### Methods

Pharmacists carried out an anonymous survey among community pharmacy users. The user must be over 18 years and willing to participate voluntarily in the study. The survey collected information such as personal data related to the surveyed person, foods intake frequency<sup>1</sup> and performed physical activity<sup>2</sup>.

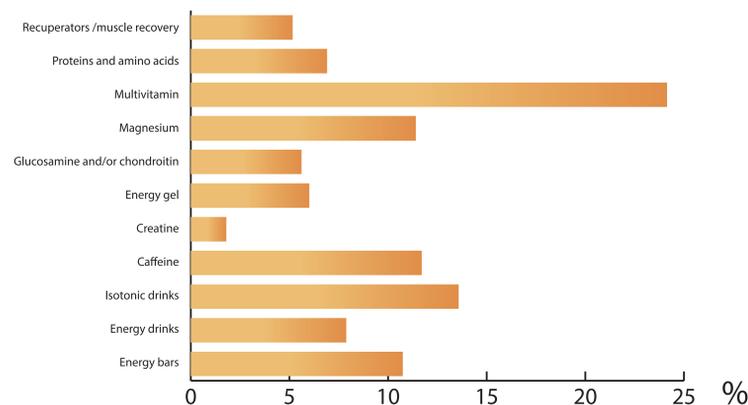
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2- Martínez-González MA1, López-Fontana C, Varo JJ, Sánchez-Villegas A, Martínez JA. Validation of the Spanish version of the physical activity questionnaire used in the Nurses' Health Study and the Health Professionals' Follow-up Study. *Public Health Nutr.* 2005; 8(7): 920-7.

### Results

- 4,176 pharmacists participated, which delivered a total of 11,792 surveys.
- The average weight of the respondents was 70.83 kg, average height of 169.21 cm and a BMI of 24.66 kg/m<sup>2</sup>. 39.56% of the participants had a BMI > 25 kg/m<sup>2</sup>, and 2.18% presented significant obesity (BMI > 35 kg/m<sup>2</sup>).
- 16.13% of the respondents were smokers, and 24.00% were former smokers
- 48.98% used some type of supplementation, being the most common multivitamin products (24.14%), followed by isotonic beverages (13.57%) and caffeine (11.70%).
- 21.55% of the population surveyed were sedentary (person was sitting down more than 8 hours per day).
- Within the following food groups consumption was lower than the daily recommendations advised (i.e. cereals, pasta and rice, fruits and vegetables, dairy products and nuts).
- The survey showed that only 40.82% of the respondents exceeded daily hydration recommendations (2 liters of water as a general rule).
- 13.53% of those surveyed did not carry out 2 hours of physical activity per week, and 2.06% did not engage in any type of physical activity.

#### USE OF SUPPLEMENTS



### Conclusions

The pharmacist plays an essential role both in the promotion of physical exercise and in the sportsman's nutritional advice, which should be unavoidably developed. Nearly 15% of those surveyed carried out physical activity less than 2 hours per week, and 1 out of 5 were sedentary.