

diseases are associated with being overweight or obese (WHO, 2016). In Colombia, 56.4% of the population is overweight; in the capital Bogotá, the prevalence is 56.6% (ENSIN, 2019). Qualitative approaches have approximated to the phenomenon (Kremers et al, 2009). Ethnographic analysis is proposed here to gain a better understanding of the phenomenon in a neighborhood of Bogotá, Colombia.

Objectives: Develop specific contributions of ethnography as research method to understand the eating habits associated with overweight and obesity in adults living in Usaquén, a neighborhood in the northeast of Bogotá, Colombia.

Methods: An ethnographic approach was made through case studies of five overweight and obese (measured by body mass index) adults. The techniques employed during the ethnography included field work in the locality, observation, measurement taking, home visits, and interviews.

Results: Through ethnography, it is evident that eating habits related to obesity and overweight in all five cases relate to access of hypercaloric foods and to food consumption patterns established in the family nucleus. Factors such as location of the residence and access to both public equipment, goods, and services in the area influenced a sedentary lifestyle.

Conclusions: Ethnography offers an interesting potential to the qualitative approach to understanding eating habits related to obesity and overweight. The method requires real-time focus to build trust and to observe emic dynamics. This approach is based on complementary approaches and methodologies (Brown and Gould, 2013) capable of offering novel strategies for addressing the problem.

Keywords: Obesity and overweight / eating habits / anthropology / ethnography / public health

P225

CHARACTERIZATION OF FOOD ADDITIVES PRESENT IN DAIRY BEVERAGES AND NON-DAIRY BEVERAGES ADVERTISED ON COLOMBIAN TELEVISION IN 2018

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Safe, healthful and sustainable food

Introduction: The use of food additives is increasing by the food industry.

Objective: This article aims to compare food additives present in dairy beverages (DB) and non-dairy beverages (NDB) advertised on Colombian television in 2018, according to frequency and technological function.

Methods: The ingredients and food additives presented in the products were registered according to Codex STAN 192-1995 v.2019, from advertising guidelines of labels in beverages on Colombian television. These were classified in DB and NDB according to the resolution 02310 of 1986 and decree 616 of 2006 of the Ministry of Social care of Colombia. For analysis of the DB and NDB was performed: the frequency of additives and technological function; classification of beverages according to NOVA processing and the production company was identified. The analysis included measures of central tendency and dispersion, as well as student's t-test. P value <0.05 was considered significant.

Results: It was found 15 types of DB and 31 NDB advertised. According to NOVA, 85% were ultraprocessed products (NDB=25 and DB=14), and 15% natural foods (NDB=6 and DB=1). In BD, it was found higher content of additives with the increase in the degree of processing of products ($p < 0.05$). Regarding the content of additives, DBs had an average 6.0 ± 3.0 (min 1, max 10), vs NDB 6.0 ± 4.0 (min 0, max 14); $p > 0.05$. About technological functions, it was evidenced that additives in DBs have a higher frequency of use such as: stabilizers (23%), flavorings (19%) and colouring (17%); and NDBs: flavorings (19%), colouring (18%), acidity regulators (18%) and sweeteners (10%). As for the production company of the DB the highest frequency was Alpina Productos Alimenticios S.A 73.3%, followed by Lácteos Gloria 20%. For NDB, Postobón presented the highest frequency 51.6%. The 35.9% of all ultraprocessed beverages were from Postobón S.A and 25.6% from Alpina.

Conclusions: There is a wide use of additives in DB and NDB advertised on Colombian television, especially those classified as ultraprocessed. Is required to assess the public health impact of these findings.

Conflict of Interest: The authors declare no conflict of interest.

Keywords: food additives, dairy beverages and non-dairy beverages

P226

VITAMIN E INTAKE AND BLOOD PRESSURE IN ADOLESCENTS OF SANTIAGO DE CHILE

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Nutrition in the prevention and treatment of chronic diseases

Introduction: The antioxidant effect of vitamin E could be associated with a decrease in blood pressure.

Objectives: Associate the intake of vitamin E with blood pressure in adolescents from Santiago de Chile.

Methods: Descriptive association study in which 21 14-year-old male students from a school in Santiago de Chile participated. The vitamin E intake of adolescents was determined through a consumption trend survey that included 50 foods. Blood pressure was taken three times, after five minutes of rest in each blood pressure measurement. This