

109 - METABOLIC SYNDROME: RELATIONSHIP BETWEEN TYPICAL BAIANA FOOD, EATING HABIT AND UNIVERSITYREGIANE CRISTINA DUARTE
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INTRODUCTION

Metabolic Syndrome (MS) is currently a challenge in maintaining quality of life. In the literature they find different definitions which broaden the debate about this subject making the conceptual construction increasingly dynamic. The SM name, more accepted today, was preceded by others such as: insulin resistance syndrome, plurimetabolic syndrome, X syndrome and mortal quartet¹⁶. According to the World Health Organization (WHO), the first definition of MS was the requirement of diabetes or insulin resistance or glucose intolerance or high fasting glycemia was justified by the similarity in the pathophysiological mechanisms of these situations, which glycemia and altered lipid metabolism, accompanied by hormonal changes, probably due to overweight, favoring the onset of cardiovascular diseases^{17, 18, 26}.

Recently MS is understood as a complex set of cardiovascular risk factors, related to central fat deposition and insulin resistance, which in turn is strongly associated with a high cardiovascular morbimortality²⁰.

The development of MS depends on the complex interaction between genetic predisposition and lifestyle, such as inadequate diet, sedentary lifestyle and obesity. Prevention is a worldwide challenge for the population^{19,21}.

Emphasizing the lifestyle and eating habits we developed this work, considering that among all the factors related to MS, it is relevant to consider the food consumption, since this is related since the appearance of changes in the risk factors until the prevention and control of the SM. Recalling that most university students are young and that among them there is a clear tendency to increase the prevalence of SM⁴, this article aimed to present through the literature records a relationship of the food consumption of college students relating to the typical food of Bahia, influence on the eating habits of this group and the relation with the metabolic Syndrome.

METHODOLOGY

A bibliographic survey was carried out in the PubMed, Medline, Scielo and Lilacs databases in order to search for manuscripts (English, Spanish and Portuguese) related to the Metabolic Syndrome. Regarding the associated factors, the metabolic syndrome has been the object of many disagreements regarding its constitution, so we highlight for this study the eating habits. As an exclusion criterion, all results (sites) outside the databases cited above were not selected. The search period was December 2016 to August 2017.

The following keywords and their combinations were included: "Metabolic Syndrome" and "Feeding" and "University Students," and "Eating Habits," and "Typical Bahian Food" and "Bahian Food. Original articles were selected, Clinical Trials and Reviews. Only complete texts were available for the manuscripts. The period of publications has been the last 10 years.

LITERATURE REVIEW**Food and dietary habits**

The relationship between food and health is known to be one of the keys to disease prevention and welfare promotion. The possibility of reducing the risks of disease through food is increasingly attracting researchers interested in studying its possible effects on health. Numerous researches have demonstrated the direct relationship between food consumption / deficiency and disease development, showing how health is strongly influenced by diet^{22,23,25}. In the last decades, there has been a considerable increase in the incidence of cardiovascular diseases, that is, comorbidities of a metabolic disorder denominated as metabolic syndrome²⁴.

In Bahia, in particular, two characteristics that are indissociable when we highlight food: the type of food (ingredient) and the taste in typical dishes (internationally recognized). Not forgetting that the ingredients identify the typical Bahian food behavior, due to factors that alter the food, such as: aroma, color and flavor.

Better dietary habits present itself as a repertoire of eating practices that tend to repeat themselves over time, and in this sense, stresses in the "experiment" other foods and preparations that will promote changes in their eating habits, either by the influences of the social group and of the stimuli present in the social / family relationship with the educational system²⁷.

Food and Metabolic Syndrome

According to Milton Bernardes Junior⁵, the life of human beings is biologically accompanied by the need to feed themselves. Feeding, according to him, is one of the propellant springs (strict and / or isolated biological and natural reasons) of its existence and development, since obviously there is no life without food intake.

Corroborating with this construction of thought, in the search to correlate the metabolic syndrome, university nutrition, eating habits and typical Bahian diet, we observed that these relationships are inadequate and non-communicable chronic diseases are well evidenced in the scientific literature⁶.

It became clear and notorious that, to some extent, food was left out of the critical readings of scholars and researchers linked to the sociocultural and historical context⁵, when we relate the health / disease dichotomy. For this reason, SM has been made the great subject of great interest and debate in the medical literature, in recent years.

MS groups a number of risk factors for cardiovascular disease such as anthropometric indices, atherogenic dyslipidemias, arterial hypertension, changes in carbohydrate metabolism, prothrombotic and pro-inflammatory states. It is associated with a high risk for Type 2 Diabetes Mellitus, early coronary disease and high mortality rates due to cardiovascular causes⁷. Noting that the literature already identifies the high increase in the number of young people diagnosed and young people are also the largest age group that makes up the university community.

It was identified that in university students the main factor that identified SM was the abdominal waist measurement

and the main factors were lifestyle or genetic factors²⁸.

Bahian Typical Food and University Food Consumption

Food, regardless of age, encompasses different dining spaces, encompassing the domestic, university and street eating, consisting of cafeterias, restaurants, informal vendors, among others.^{1,2} In turn, the connections between these "spaces" form webs that correlate with (re) formulation of eating habits.^{3,11} Explaining, understanding, and interpreting the "young style of being" as a way of relating to the world and expressing itself.^{12,13} Cultural representations that permeate food are loaded with symbolism and express aspects associated with life history, eating behavior in childhood, beliefs and myths related to food, influence of the media, socioeconomic scenario, capitalism, globalization, among other issues.^{14,15}

Bahian gastronomy is one of the most diversified and richest in the world, mixing Afro, Portuguese and indigenous knowledge. However, there is a predominance of African, which uses palm oil and coconut milk to season shellfish and fish, abundant in the Bahian coast. The famous moquecas, vatapá, caruru, acarajé, chicken peas, among others, and the derivations of cassava (of indigenous influence) are successful among visitors and tourists. Their desserts are famous, and delicious as the cocadas, and the lusitanas the ambrosia or the egg-slut of the girl⁶.

The scenery of the city of Salvador illustrates in an exemplary way the coexistence of two antagonistic poles: tradition and modernity. One can observe this from its architectural set, the habits worshiped by the Bahian, including the food that has been changing over time.

According to Mariana Cardozo et. al⁸ consider that changes in eating habits is an issue inherent in the modern world that today is already undergoing profound modifications with fast foods made in fast-foods. According to the authors, this habit of eating outside is very recent in our society, and constitutes one of the impositions of the modern world. He also clarifies that fast-food is a reflection of the new demands on the pace of food, and therefore, "the institution of food is broken, fragmented."

Many of the ingredients of typical Bahian food make up caloric dishes. These, associated with university nutrition could be an important factor for the analysis of diet and nutritional evaluation of this group and the risk of developing MS. However, according to the records found in the literature, typical Bahian food has increasingly differentiated from Bahian food consumption. Having this daily consumption is gradually less related to traditional foods, being reformulated by an increasingly globalized diet. Considering that, when entering university, many students are faced with the need to respond to food demands⁸. In addition to adapting their food to their new reality.

Studies have sought to analyze aspects related to the food environment and its influence on food practices, such as accessibility, availability, quality, variety and cost of food⁸. We realize then that there is a globalization of university food, since the typical food has been increasingly restricted to an eventual food by the Bahians and has accentuated its dissemination as tourist gastronomy. Corroborating with this thought⁹ talks about the globalization of culture and addresses the issue of food as culture, pointing out the most emergent consequences of modernity on eating habits.

FINAL CONSIDERATIONS

From the data collected in this study allowed to receive several narratives about the relationship between eating habits and food. Clearly represented in the expressions "eating" and "food", with all the conflicts and dualities of such an expressive sociocultural practice. It was clear the fragmented, disconnected and dualistic use of nutritional knowledge, sometimes seen as prescriptive and / or punitive, but always disconnected with the health factor or more clearly with the Metabolic Syndrome and its comorbidities.

Thus, this work allowed us to understand that it is necessary to study studies related to the diet of the Bahians and especially of the academics from the perspective of modern food and eating habits, distinguishing their variables, we observe that the typical Bahian food - heritage culture - increasingly aimed at tourism and the social (occasional and sporadic) food practices of the residents. Parallel to the food consumption in Bahia, especially the university students, which has become more globalized - observing a new food profile, current and private, adapting the peculiarities of this public.

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SÍNDROME METABÓLICA: RELAÇÃO ENTRE COMIDA TÍPICA BAIANA, HÁBITOS ALIMENTARES E UNIVERSITÁRIOS

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RESUMO

A síndrome metabólica (SM) tornou-se um dos maiores desafios da população na atualidade. Foi realizado um levantamento bibliográfico nas bases de dados PubMed, Medline, Scielo e Lilacs (Inglês, Espanhol e Português) relacionados à Síndrome Metabólica. Em relação aos fatores associados, a síndrome metabólica vem sendo alvo de muitas discordâncias relativas à sua constituição, assim destacamos para este estudo os hábitos alimentares. O período da pesquisa foi dezembro 2016 a agosto de 2017. Foram incluídas as seguintes palavras-chave e suas combinações: Síndrome metabólica “e” alimentação “e” universitários isolada, “e” hábitos alimentares, “e” comida típica baiana “e” alimentação baiana. Foram selecionados artigos originais, Ensaio clínico e Revisões, apenas textos completos. O período de publicações foram os últimos 10 anos. A partir dos dados recolhidos neste estudo permitiu acolher diversas narrativas sobre a relação hábitos alimentares e alimentação. Claramente representado nas expressões “comer” e “comida”, com todos os conflitos e dualidades de uma prática sociocultural tão expressiva. Ficou claro o uso fragmentado, desconexo e dualista do saber nutricional, encarado as vezes como prescritivo e/ou punitivo, mas sempre desconectado com o fator saúde ou mais claramente com a Síndrome Metabólica e suas comorbidades. Sendo assim, esse trabalho nos permitiu compreender que se faz necessário estudos relacionados com a alimentação dos baianos e principalmente dos acadêmicos sob a ótica da comida moderna e hábitos alimentares, distinguindo suas variáveis, observamos que a alimentação típica baiana – patrimônio cultura – encontra-se cada vez mais destinada ao turismo e a prática alimentar social (eventual e esporádica) dos moradores. Em paralelo ao consumo alimentar baiano, em especial dos universitários, que tem se constituído de forma mais globalizada – observando um novo perfil alimentar, atual e particular, adequando-se as peculiaridades deste público.

Palavras Chave: Síndrome Metabólica, Saúde e Hábitos Alimentares.

METABOLIC SYNDROME: RELATIONSHIP BETWEEN TYPICAL BAIANA FOOD, [EATING HABIT AND UNIVERSITY](#)

The present article aimed to present a relation of the food consumption of university students related to the typical Bahian diet, influence on the eating habits of this group and the relation with the metabolic Syndrome. A bibliographic survey was carried out in the PubMed, Medline, Scielo and Lilacs databases in order to search for manuscripts (English, Spanish and Portuguese) correlated with Metabolic Syndrome and consumption of typical Bahian food. Keywords and combinations were included. As an exclusion criterion, all results (sites) outside the databases cited above were not selected. The search period was from December 2016 to August 2017. About the availability of the manuscripts were only complete texts. The period of publications has been the last 10 years. From the data collected in this study allowed to receive several narratives about the

relationship between eating habits and food. Clearly represented in the expressions "eating" and "food", with all the conflicts and dualities of such an expressive sociocultural practice. It was clear the fragmented, disconnected and dualistic use of nutritional knowledge, sometimes seen as prescriptive and / or punitive, but always disconnected with the health factor or more clearly with the Metabolic Syndrome and its comorbidities. Thus, this work allowed us to understand that it is necessary to study studies related to the diet of the Bahians and especially of the academics from the perspective of modern food and eating habits, distinguishing their variables, we observe that the typical Bahian food - heritage culture - increasingly aimed at tourism and the social (occasional and sporadic) food practices of the residents. Parallel to the food consumption in Bahia, especially the university students, which has become more globalized - observing a new food profile, current and private, adapting the peculiarities of this public.

Key words: Metabolic syndrome, health and dietary habits

SYNDROME MÉTABOLIQUE: RELATION ENTRE LES ALIMENTS BAIANA TYPIQUES, LES ALIMENTS ET LES HABITUDES UNIVERSITAIRES

Le syndrome métabolique (SM) est devenu l'un des plus grands défis de la population aujourd'hui. Une enquête bibliographique a été réalisée dans les bases de données PubMed, Medline, Scielo et Lilacs (anglais, espagnol et portugais) relatives au syndrome métabolique. En ce qui concerne les facteurs associés, le syndrome métabolique a fait l'objet de nombreux désaccords concernant sa constitution, nous mettons donc en évidence pour cette étude les habitudes alimentaires. La période de recherche s'étendait de décembre 2016 à août 2017. Les mots clés et combinaisons suivants ont été inclus: syndrome métabolique "et" alimentation "et" étudiants universitaires "et" habitudes alimentaires "et" alimentation typique de Bahia "et" la nourriture. Des articles originaux ont été sélectionnés, des essais cliniques et des revues, seulement des textes complets. La période des publications a été les 10 dernières années. À partir des données recueillies dans cette étude a permis de recevoir plusieurs récits sur la relation entre les habitudes alimentaires et de la nourriture. Clairement représenté dans les expressions «manger» et «nourriture», avec tous les conflits et les dualités d'une telle pratique socioculturelle expressive. Il était clair que l'utilisation fragmentée, déconnectée et dualiste des connaissances nutritionnelles, parfois considérée comme prescriptive et / ou punitive, mais toujours déconnectée du facteur de santé ou plus clairement avec le syndrome métabolique et ses comorbidités. Ainsi, ce travail nous a permis de comprendre qu'il est nécessaire d'étudier les études relatives au régime alimentaire des Bahians et surtout des universitaires du point de vue de la nourriture moderne et des habitudes alimentaires, en distinguant leurs variables, nous observons que la culture typique bahianienne de plus en plus axé sur le tourisme et les pratiques alimentaires sociales (occasionnelles et sporadiques) des résidents. Parallèlement à la consommation alimentaire à Bahia, en particulier les étudiants universitaires, qui se sont mondialisés - en observant un nouveau profil alimentaire, actuel et privé, en adaptant les particularités de ce public.

Mots-clés: Syndrome métabolique, santé et habitudes alimentaires.

SÍNDROME METABÓLICO: RELACIÓN ENTRE COMIDA TÍPICA BAIANA, HÁBITOS ALIMENTARIOS Y UNIVERSITARIOS

El síndrome metabólico (SM) se ha convertido en uno de los mayores desafíos de la población en la actualidad. Se realizó un levantamiento bibliográfico en las bases de datos PubMed, Medline, Scielo y Lilacs (Inglés, Español y Portugués) relacionados al Síndrome Metabólico. En relación a los factores asociados, el síndrome metabólico viene siendo objeto de muchas discordancias relativas a su constitución, así que destacamos para este estudio los hábitos alimentarios. El período de investigación fue diciembre de 2016 a agosto de 2017. Se incluyeron las siguientes palabras clave y sus combinaciones: Síndrome metabólico "y" alimentación "y" universitarios aislados, "y" hábitos alimentarios, "y" comida típica bahiana "y" alimentación de la bahía. Se seleccionaron artículos originales, Ensayos clínicos y Revisiones, sólo textos completos. El período de publicaciones fueron los últimos 10 años. A partir de los datos recogidos en este estudio permitió acoger diversas narrativas sobre la relación hábitos alimentarios y alimentación. Claramente representado en las expresiones "comer" y "comida", con todos los conflictos y dualidades de una práctica sociocultural tan expresiva. En la mayoría de los casos, la mayoría de las personas que sufren de la enfermedad de Alzheimer o de la gripe porcina, Siendo así, ese trabajo nos permitió comprender que se hacen necesarios estudios relacionados con la alimentación de los baianos y principalmente de los académicos bajo la óptica de la comida moderna y hábitos alimenticios, distinguiendo sus variables, observamos que la alimentación típica baiana - patrimonio cultural - se encuentra cada vez más destinada al turismo y la práctica alimentaria social (eventual y esporádica) de los habitantes. En paralelo al consumo alimentario bahiano, en especial de los universitarios, que se ha constituido de forma más globalizada - observando un nuevo perfil alimentario, actual y particular, adecuándose a las peculiaridades de este público.

Palabras clave: Síndrome metabólico, salud y hábitos alimenticios.