



Pilot study of healthy food consumption in the university population in the period of COVID-19

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Background: To analyse the dietary patterns, by sex and canteen scholarship, in students in the 2018/2019 academic year and to identify changes in dietary patterns during the COVID-19 pandemic.

Methods: Pilot, observational and descriptive study on eating habits in students of the University of Murcia in 2018/2019 and 2020/2021, by sex and canteen scholarship. Descriptive analysis of quantitative variables, obtaining the results as median, quartiles (Q1-Q3), means, standard deviation, variance and 95% confidence interval. Statistical differences between subgroups were obtained using the Mann-Whitney U test. Descriptive analysis of qualitative variables with percentages. Differences between categories were assessed using the Chi-square test or Fisher's exact test. SPSSV24 is used to perform the analysis, with a statistical significance level of $p < 0.05$.

Results: Overall, the results on the dietary habits of surveyed students in 2018/2019 show that the large majority of students do not achieve the recommendations for the different food groups. However, a trend towards healthier eating habits is observed in the surveyed students in 2020/2021 during the COVID-19 pandemic. Differences by gender and canteen scholarship in both surveys are specific to certain types of food: meats, vegetables, fruits and snacks.

Conclusions: A large proportion of the students surveyed in 2018/2019 do not fit the Mediterranean diet, however, there is a positive evolution of the dietary pattern during the COVID-19 pandemic, with an inclination towards higher consumption of healthy food and lower consumption of low nutritional interest food.

Keywords: Eating habits, COVID-19, dietary recommendations, Mediterranean diet, university students.



Use of supplements and factors associated with non-compliance with the recommended intake in pregnant women: NELA cohort (2015-2018)

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Background. The use and intake of supplements before and during pregnancy play a crucial role for maternal and fetal health. We examined the use and intake of supplements and explored the factors associated with non-compliance of recommendations of folic acid (400 µg/day) in a cohort of pregnant women.

Method. We studied 738 pregnant women of the Nutrition and Early Life Asthma (NELA) birth cohort. We investigated factors associated with non-compliance of the recommendations during the month before pregnancy and the trimesters of gestation using logistic regression.

Results. Approximately 32% took supplements during the month before and 30.4% of women took ≥ 400 µg / day of folic acid. During pregnancy, most women consumed recommended intake of folic acid ranging between 92.5% in the first trimester and 87.5% in the third trimester. An association was found with non-compliance with the recommended intake during the previous month to pregnancy in social class IV-V levels women (OR = 1.87; CI95 (1.00-3.51)), women living in rural areas (OR = 2.21; CI95 (1.22-4.03)) and very physically active women (OR = 5.70; CI95 (1.55-20.98)). During pregnancy, living in rural areas continues to be associated with non-compliance: trimester 1 (OR = 3.25; CI95 1.63-6.48); trimester 2 (OR = 2.99; CI95 1.50-5.98); trimester 3 (OR = 2.48; CI95 1.35-4.56)

Conclusion. We find that 69.6% of women who become pregnant have not taken supplements of any kind during four weeks prior to the start of pregnancy. Therefore, it is essential to promote health campaigns for women of childbearing age, to improve access and adequate compliance with the recommended guideline



Cannabis and tobacco: a project of the REUPS-UMU Office in collaboration with the EVICT Project

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Background: To know the consumption of tobacco and cannabis in the university students of health disciplines of the University of Murcia (UMU).

Methods: Descriptive-cross-sectional study, through a self-completed and anonymous online survey ("Porro Encuesta"), prepared by the EVICT project. A convenience sampling has been carried out, using the snowball methodology. The selected population is made up of university students from the health branch (Medicine, Nursing, Dentistry, Physiotherapy, Pharmacology and Nutrition and dietetics). It has the collaboration of the EVICT project and the REUPS-UMU Healthy University Office. The SPSS V-24 tool has been used for the analysis of frequencies, central tendency and dispersion of the variables. Chi-square, Fisher's exact test, Mann-Whitney U and T-Student have been used to compare the results by gender.

Results: 140 students participated. There are significant differences in the consumption of tobacco and cannabis in the last 30 days ($p = 0.026$ and $p = 0.017$ respectively), being greater in men (tobacco: 84.6%; cannabis: 71.4%) than in women (tobacco: 48.4%; cannabis: 30%). Differences were found in motivations for consumption due to expansion ($p = 0.017$), being greater in men (78.6%) than in women (29.4%). In the consumption of joints (cannabis with tobacco) there are not significant differences.

Conclusions: Tobacco use is higher in the last 12 months and in the last 30 days, while cannabis use is higher in the answer "sometime in life", being male students who consume more these substances than the women, above the general population.

Keywords: Tobacco; cannabis; students, health occupations; University and Public Health.



[HIV PREVENTIVE INTERVENTION IN A UNIVERSITY ENVIRONMENT: PARTICIPATION PROFILE 2014-2019]

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Background: Analyze a preventive intervention on Human Immunodeficiency Virus (HIV) Infection in a university setting to know the participation profile and the most frequent risk practices.

Methods: Retrospective descriptive observational study, between 2014 and 2019 regarding the World AIDS Day event at the different campuses of the University of Murcia. The students voluntarily access to the intervention, where they fill out an epidemiological questionnaire on sexual behavior and subsequent pre-post rapid oral fluid test advice (with realization of the same) on prevention of risk practices. The information was collected, analyzed and represented using the IBM SPSS Statistics 25 and Microsoft Office Excel 2010 computer programs. Statistical significance level established $p \leq 0.05$.

Results: 2151 students of this university were characterized, who were between 18 and 25 years of age. 57.5% were women. 20.9% of men had sex with men. The most common risk practices were vaginal penetration without condom (59.5%) and fellatio without a condom (34.4%); Between years of intervention, statistically significant differences were observed for fellatio without a condom ($p = 0.000$) and for cunnilingus without a condom ($p = 0.017$). No positives were confirmed between reactive tests (0.23%).

Conclusions: Due to the numerous risk practices described for the transmission of HIV in this study on a university environment, preventive intervention is shown to be useful for promoting sexual health among the university population of the Region of Murcia



ENVIRONMENT, SURVIVAL AND CHILDHOOD CANCER IN THE REGION OF MURCIA

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Background:

Objective: To study the types, distribution and survival at 1, 3, 5 and 10 years of childhood cancer (<15 years) in the Region of Murcia.

Methods: Descriptive epidemiological study, based on incident cases of childhood cancer in children under 15 years of age diagnosed between January 1, 1998 and December 31, 2018 in the Region of Murcia. The centralized nature of the approach and follow-up of childhood cancer in the Virgen de la Arrixaca University Clinic Hospital (Murcia) makes it easier for the hospital-based registry to reach more than 98% of cancer patients in the Region. The Kaplan-Meier method has been used to analyze survival.

Results: In the Region of Murcia, in the period 1998-2018, a total of 732 cases of childhood cancer have been diagnosed. The most frequent tumor types are leukemias (28.3%), followed by central nervous system tumors (24.2%) and lymphomas (10.8%). For all cancers combined, 5-year survival increased from 75.8% (72.4-79.2) for cases diagnosed in 1998 to 2003 to 85.6% (82.9-88.3) in 2014 to 2018.

Conclusions: As a result of our study, we highlight the progressive increase in overall survival in the Region of Murcia from 1998 to 2018. Possible causes include having a regional reference pediatric oncohematology section for all diagnosed cases of IC in the Region, which means that there are no variabilities with respect to the treatment protocols used. We believe, in the same way, that having a regional reference environmental health unit has also been able to contribute to these figures, which since 2003 has been working to improve knowledge about the etiology and prognosis in survivors of childhood cancer, with the creation of the Child - Adolescent Cancer Survivors' Environmental and Community Health Program, a pioneer in Spain in long-term care for IC survivors.

Keywords: Childhood cancer, survival, Pediatric Environmental medical history, MACAPEMUR



Opportunistic cervical cancer screening in the Murcian Health Service (SMS): analysis of the current situation

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Background:

Objective: To analyze the situation of opportunistic cervical cancer screening in the Murcian Health Service (SMS).

Method: Descriptive, cross-sectional population study of the SMS Regional Opportunistic Cervical Cancer Prevention Program. The current program's material and human resources available were analyzed as well as the information on processes, coverage results and type of cervical cytological study in the period 2017-2021. The data were presented disaggregated according to Health Area and Basic Health Zone (ZBS).

Results: In relation to the sample collection technique, the program followed a mixed model with only 21% of samples collected on liquid medium (CBL). 42% of women aged 35-65 years had never had a smear test in the SMS. Differences were observed in the ratio of midwives /women, coverage, and technique used across Health Areas and ZBS. A decrease in the opportunistic program indicators was observed from April 2020.

Conclusions: The coverage of the program did not reach the official recommendations. Most of the smear tests were performed using the conventional technique. It would be convenient to analyze the causes of the differences observed in relation to Health Areas and ZBS (healthcare, socioeconomic). In addition, a possible impact of the COVID-19 pandemic was observed in the screening implementation. It is suggested to analyze strategies that potentially reduce the impact of the pandemic and the inequity of the screening implementation (using self-test as the first screening test) improving the accessibility to the screening, as well as implementing CBL as the only smear test collection technique.

Keywords: Uterine cervical neoplasms, Papanicolaou test, Mass screening, Early detection of cancer.



Quality criteria in educational projects for the prevention of infections at School

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Background: Health Education and Health Promotion (HEHP) interventions developed in schools are effective when they are capable of putting across knowledge, developing skills and promoting the adoption of choices that translate into positive health-oriented behaviour. The aim of this study is to provide information on the technical and methodological characteristics of the educational projects of hygiene and prevention of infections selected in the joint call of the Departments of Health and Education and Culture of the Region of Murcia for the school year 2020-2021; its adaptation to the evidence of effectiveness for these programs and propose recommendations to improve the quality of HEHP educational projects in new calls.

Methods: Descriptive observational study aimed at evaluating the technical and methodological characteristics of the educational projects submitted to the call. A review of the literature, preparation and management of a checklist and field work that includes data collection in databases, descriptive analysis, contrast of means, proportions and analysis of association with SPSS was proposed

Results: 14.75% of the CARM centres have participated in the call, 73.7% of those who have participated are attached to the School Health Education Plan of the Region of Murcia. 67% of the centres were Primary schools and 25% were Secondary schools. The centres attached to the School Health Education Plan obtain a higher average score than those not attached, with statistically significant differences. The e-Bug program has been implemented and/or adapted by more than 80% of the centres.

Conclusions: In order to improve the quality and effectiveness of the HEHP projects presented in this call, the planning, evaluation, integration of the pedagogical paradigms for HEHP (transversality, interactivity and participation) and the consideration of the gender and cultural aspects should improve. The e-Bug program, proposed by the Health Department, has been widely implemented by the centres.



Determinantes sociales en el contagio de Covid-19 en la Región de Murcia: inmigración, clase social ocupacional y género. Estimación de la tasa de ataque secundaria en el hogar.

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Objetivo: para orientar las medidas dirigidas a la contención de enfermedades transmisibles es mandatorio recabar información sobre los determinantes sociales que influyen en el contagio. Se pretende estudiar la influencia del país de origen, la clase social ocupacional (CNO-11) y género en el contagio de Covid-19 en la Región de Murcia, desde el 15 de junio al 23 de diciembre de 2020.

Será expuesta la incidencia de casos de coronavirus acumulada en dicho periodo, desglosada por país de origen/procedencia de los casos. Como aproximación, se comparará la distribución porcentual de casos con empleo en función del grupo profesional con la de los datos de la EPA (Encuesta de Población Activa).

Será estudiado el ámbito donde fueron contagiados los casos registrados (hogar, trabajo, sanitario, sociosanitario y social-ocio) según el país de origen y clase social ocupacional. Finalmente se evaluará como estas variables, entre otras, influyen en la estimación de la tasa de ataque secundario en el hogar. Todo ello se analizará desde una perspectiva de género.

Material y método: estudio retrospectivo de corte transversal (descriptivo y analítico). Fuente: registro regional de más de 56.000 casos incidentes de coronavirus, desde el 15 de junio al 23 de diciembre de 2020, y sus contactos convivientes incluidos (48.480), resultado de las labores de Vigilancia Epidemiológica del Servicio de Epidemiología de la Consejería de Salud de la Región de Murcia. La estimación de la tasa de ataque secundaria en el hogar será evaluada mediante un modelo de regresión logística multinivel.

Resultados: la incidencia de casos de coronavirus acumulados en el periodo de estudio fue mayor en inmigrantes procedentes de África y Sudamérica/Centroamérica que en inmigrantes en España. Además, en este periodo, las mujeres se contagiaron de coronavirus más que los hombres (incidencia acumulada de 3827 casos/100.000 habitantes frente a 3518 casos/100.000 habitantes). El 53,2% de los casos con un empleo registrado realizaban una labor clasificada como: operarios industriales/construcción, artesanos, trabajadores agrarios y ocupaciones elementales. Según datos de la EPA en dicho periodo solo el 41,3% de la población activa realizaba dichos empleos.

El hogar fue el principal ámbito de contagio (56,5% de los casos con ámbito conocido) seguido del social-ocio (20,5%) y el laboral (18,3%). En inmigrantes procedentes de África y Centroamérica/Sudamérica el ámbito laboral tuvo una mayor importancia que no inmigrantes, en claro detrimento del social-ocio. Una tendencia similar se observa en los trabajadores que realizaban empleos que a priori requieren menos cualificación. En general, el ámbito laboral fue más importante en los casos detectados en mujeres que en hombres, diferencia especialmente llamativa en mujeres procedentes de Centroamérica/Sudamérica.

La tasa de ataque secundaria en el hogar promedio estimada fue del 42,7%. El hecho de que a la mayoría de los contactos con prueba inicialmente negativa/no realizada se les realizara una PCR a los 7-10 días, es una gran fortaleza del estudio para este fin. La tasa calculada se ve influida notablemente por factores como la presencia de síntomas, edad y país de origen del caso índice, así como la edad y el sexo del contacto (mayor en mujeres), todo ello de forma significativa ($p \leq 0,05$). La clase social ocupacional, no condicionó en este indicador de manera estadísticamente significativa, teniendo en cuenta el resto de las variables en el análisis estadístico.

Conclusiones: los resultados son compatibles con una clara influencia del país de procedencia, clase social ocupacional y género en el contagio de coronavirus.