

# CICLO CARLOS CHAGAS

DE PALESTRAS

12ª EDIÇÃO

**100+15: O TEMPO NÃO PARA**  
Informação, controle, cuidado e eliminação:  
diferentes estratégias para uma doença com  
múltiplas dimensões

LIVRO DE RESUMOS

2024

Submission area: clinical aspects

## RESUMO 15

### FOOD SECURITY IN CHAGAS DISEASE PATIENTS

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Food security refers to the availability, access, and consumption of sufficient, safe, and nutritious food to meet the dietary needs and preferences of individuals. It is a comprehensive concept that encompasses not only the quantity of available food but also its quality, diversity, and people's ability to access them sustainably. Food security is fundamental to human well-being and health. When individuals lack access to adequate and nutritious food, they are at risk of nutritional deficiencies and diet-related diseases. The purpose of this research is to analyze elements related to food security in individuals suffering from Chagas disease (CD). Sociodemographic, clinical, and nutritional data were collected from 40 patients in an urban cohort of CD patients followed at the National Institute of Infectious Diseases Evandro Chagas (INI), Oswaldo Cruz Foundation. The following instruments were used to assess food security: the Brazilian Scale of Food Insecurity (EBIA) and nutritional assessment by lean body mass index. Forty patients were evaluated with an average age of  $63.6 \pm 12.2$  years, 60% of whom were female, the majority with incomplete primary education, and 40% with incomes below the minimum wage. Regarding nutritional status, 14.3% were malnourished, 37.1% were in a eutrophic state, and 48.6% were overweight. Criteria for food insecurity were observed in 40% of patients, regardless of their nutritional status. Food security is crucial for the health and well-being of individuals and encompasses a range of facets, including nutritional, economic, social, and environmental aspects. In the context of caring for individuals with CD, achieving this goal requires the collaboration of various stakeholders through attention and the implementation of comprehensive strategies to ensure that all individuals with CD have access to appropriate and healthy foods.

# Food security in Chagas disease patients

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## Introduction

Food security refers to the availability, access, and consumption of sufficient, safe, and nutritious food to meet the dietary needs and preferences of individuals. It is a comprehensive concept that encompasses not only the quantity of available food but also its quality, diversity, and people's ability to access them sustainably. Food security is fundamental to human well-being and health. When individuals lack access to adequate and nutritious food, they are at risk of nutritional deficiencies and diet-related diseases. The purpose of this research is to analyze elements related to food security in individuals suffering from Chagas disease (CD).

## Methodology

Sociodemographic, clinical, and nutritional data were collected from 40 patients in an urban cohort of CD patients followed at the INI-Fiocruz and who were admitted to hospital care between 02/2012 and 08/2013.

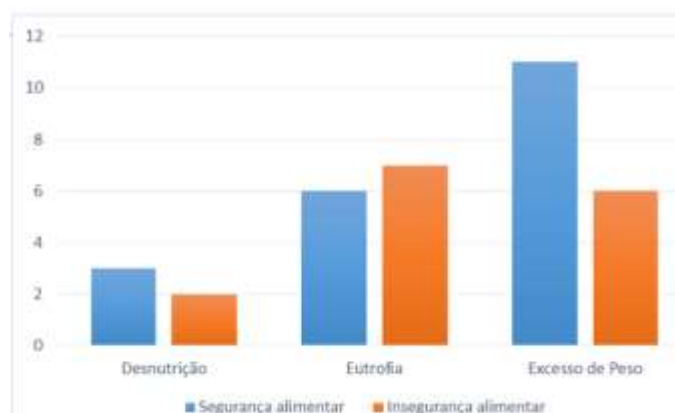
The following instruments were used to assess food security:

- The Brazilian Scale of Food Insecurity (EBIA);
- Nutritional assessment by lean body mass index



## Results

Forty patients were evaluated with an average age of  $63.6 \pm 12.2$  years, 60% of whom were female, the majority with incomplete primary education, and 40% with incomes below the minimum wage. Regarding nutritional status, 14.3% were malnourished, 37.1% were in a eutrophic state, and 48.6% were overweight. Criteria for food insecurity were observed in 40% of patients, regardless of their nutritional status.



**Food Security by classification of nutritional status in patients with CD admitted to INI-Fiocruz between 02/2012 and 08/2013**

## Conclusion

Food security is crucial for the health and well-being of individuals and encompasses a range of facets, including nutritional, economic, social, and environmental aspects. In the context of caring for individuals with CD, achieving this goal requires the collaboration of various stakeholders through attention and the implementation of comprehensive strategies to ensure that all individuals with CD have access to appropriate and healthy foods.