



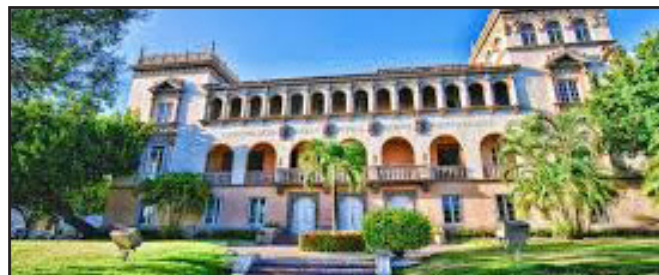
## Nutritional profile of children and adolescents with autism spectrum disorders (ASD) in Europe, the United States, and Puerto Rico (PR)

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### Abstract:

Studies in Asia, Europe, and North America have identified individuals with ASD with an average prevalence of between 1% and 2%. This study is done to describe the nutritional profile of ASD patients in different countries. Ten children and adolescents diagnosed with ASD between the ages of 5-17 years residing in Europe, PR, and the US were included in the study. The study evaluated the basic demographic characteristics, anthropometric measures, and nutritional profile. The mean age was 10.6 years and 80% of the population were males. The evaluation of the anthropometric measurements determined that 50% of the study population was obese according to the criteria of the World Health Organization (WHO). Using the Mann-Whitney test we analyzed the variables height, weight, and BMI between children residing in Europe vs those residing in the US (including PR), and no significant difference was found ( $p < 0.05$ ) between both groups. The nutritional profile showed that 50% of the children never consume vegetables nor fresh fruits. Differences in nutritional profile were seen in each country, 100% of the population in the US and PR never consumed vegetables, and in PR and Spain, 100% consumed fruits. In conclusion, children and adolescents with ASD may be at risk of nutritional deficiencies, but the results obtained cannot be generalized to the population of children with ASD, further studies on this subject are necessary.



### Biography

Zuleika Aponte Torres has completed her Master's degrees in Epidemiology and Nutrition. She is a multilingual epidemiologist with more than 15 years of national and international experience performing epidemiological research in both governmental and private sectors. For the last 6 years, she has been working as a consultant epidemiologist for both private and public sectors. Previously, she worked for the Centers for Disease, Control and Prevention (CDC), Novartis, and Pfizer. She has published more than 20 papers and abstracts and has been serving as a reviewer for the ISPOR. (Up to 100 words)

### Publication of speakers:

1. National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention. <https://www.cdc.gov/ncbddd/autism/documents/ASDPrevalence-DataTable2016-508.pdf>
2. OMS | 10 datos sobre la obesidad. (2017). Retrieved from <https://www.who.int/features/factfiles/obesity/es/>

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