

Changes in food consumption and body weight during social confinement by COVID-19

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The pandemic caused by the COVID-19 disease has generated different types of social confinement around the world as a strategy to prevent the accelerated spread of the SARS-cov-2 virus. In Mexico, confinement was implemented at the federal level from March 15, 2020 to June 1 of the same year, during that period of time, the key social routines in the establishment of eating habits were modified for most of the population. In the state of Jalisco as in the rest of the country, foods such as eggs, dairy, coffee / tea, sugar, sugary drinks, red meat, sausages, saturated fatty acids (SFA), alcohol, refined cereals and snacks are easily accessible as they are for sale in abundant local distribution centers in most cities and towns of the state.

In this study, residents of the Los Altos area in Jalisco were surveyed regarding changes in the consumption of the aforementioned products during social confinement, as well as data regarding their weight. Our results suggest that in general, there is a significant association between the increase in weight and the modifications to the diet suffered during confinement, also in both women and men, certain foods seem significantly related to weight gain in this period (sugary drinks, refined cereals and SFA). In addition, for the most part, many of the products evaluated were consumed to a greater extent than what is estimated to be consumed per year according to the bibliography; the consequences of this phenomenon have not been studied to date either.