

# Mediterranean Diet Adherence and Child Healthy Habits in the City of Madrid during Covid-19 trends: The ASOMAD Study

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## OBJECTIVES

Adherence to the Mediterranean Diet (MDA) enhances children's health and Emotional Well-being (EW). This study aimed to analyze MDA in Madrid children and assess lifestyle differences during the Covid-19 pandemic.

## METHODS

Random sampling

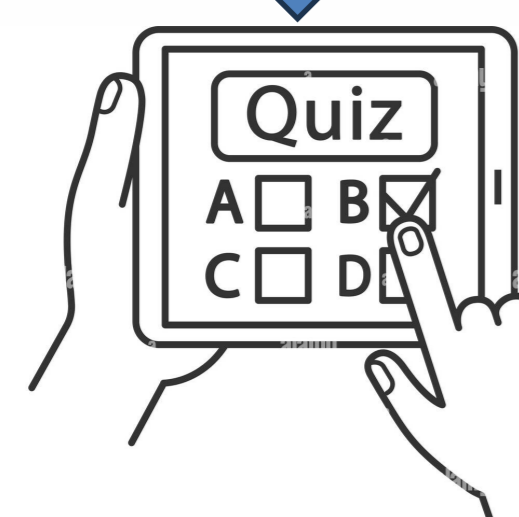
Multistage



Cross sectional data collection

2020 – 2021 - 2022

Children 8-12y  
Madrid city



Physical Activity: PAU7-S

Screen Time: SSBQ

EW: Kidscreen-10

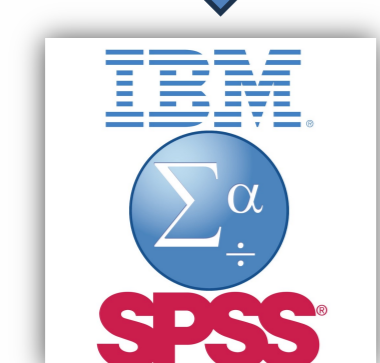
MDA: KidMed Index

Sample



Low MDA (LMDA):  
Children with MDA < 8

High MDA (HMDA):  
Children with MDA ≥ 8



Independent Sample T-Test  
p ≤ 0.05

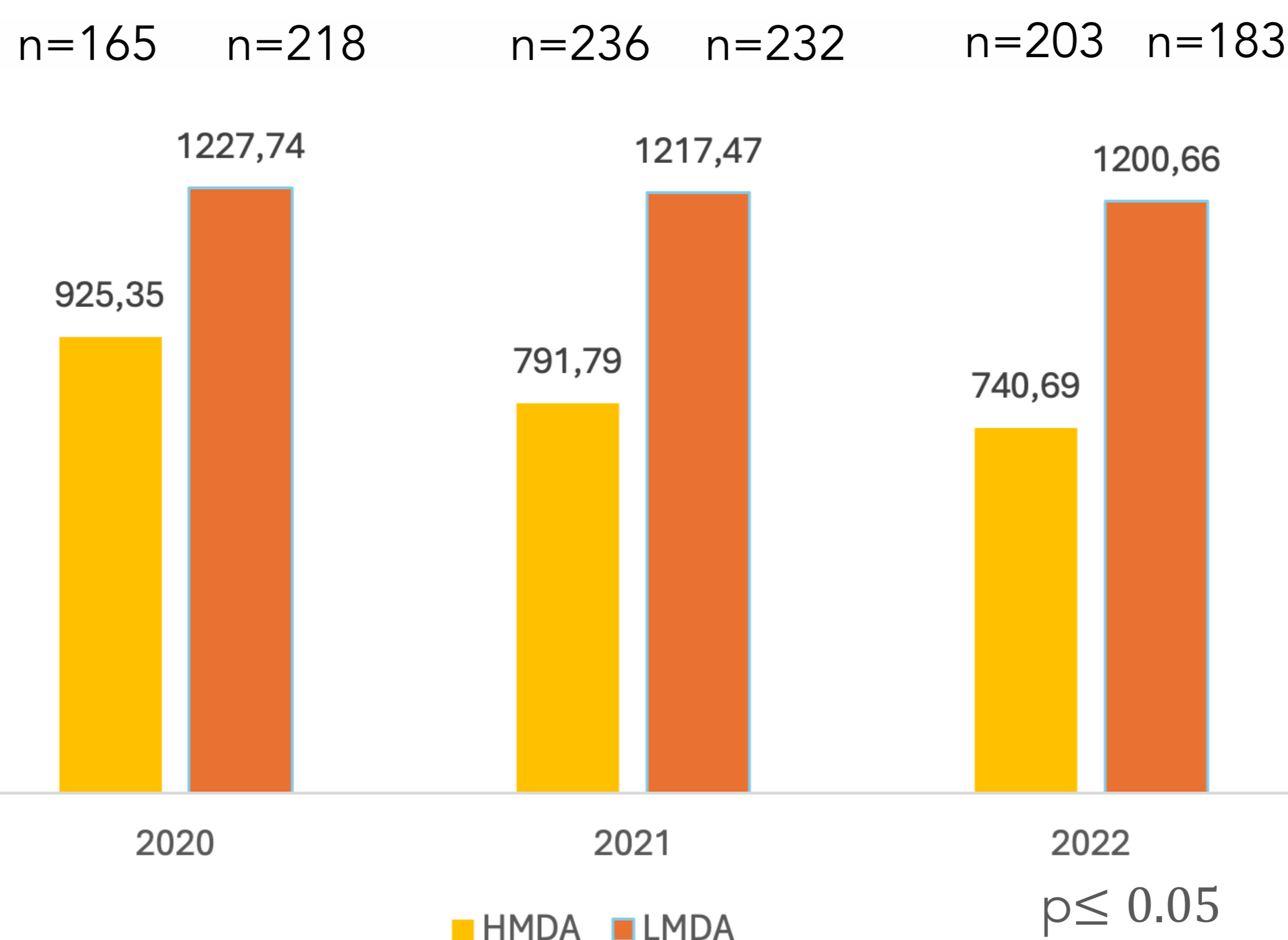
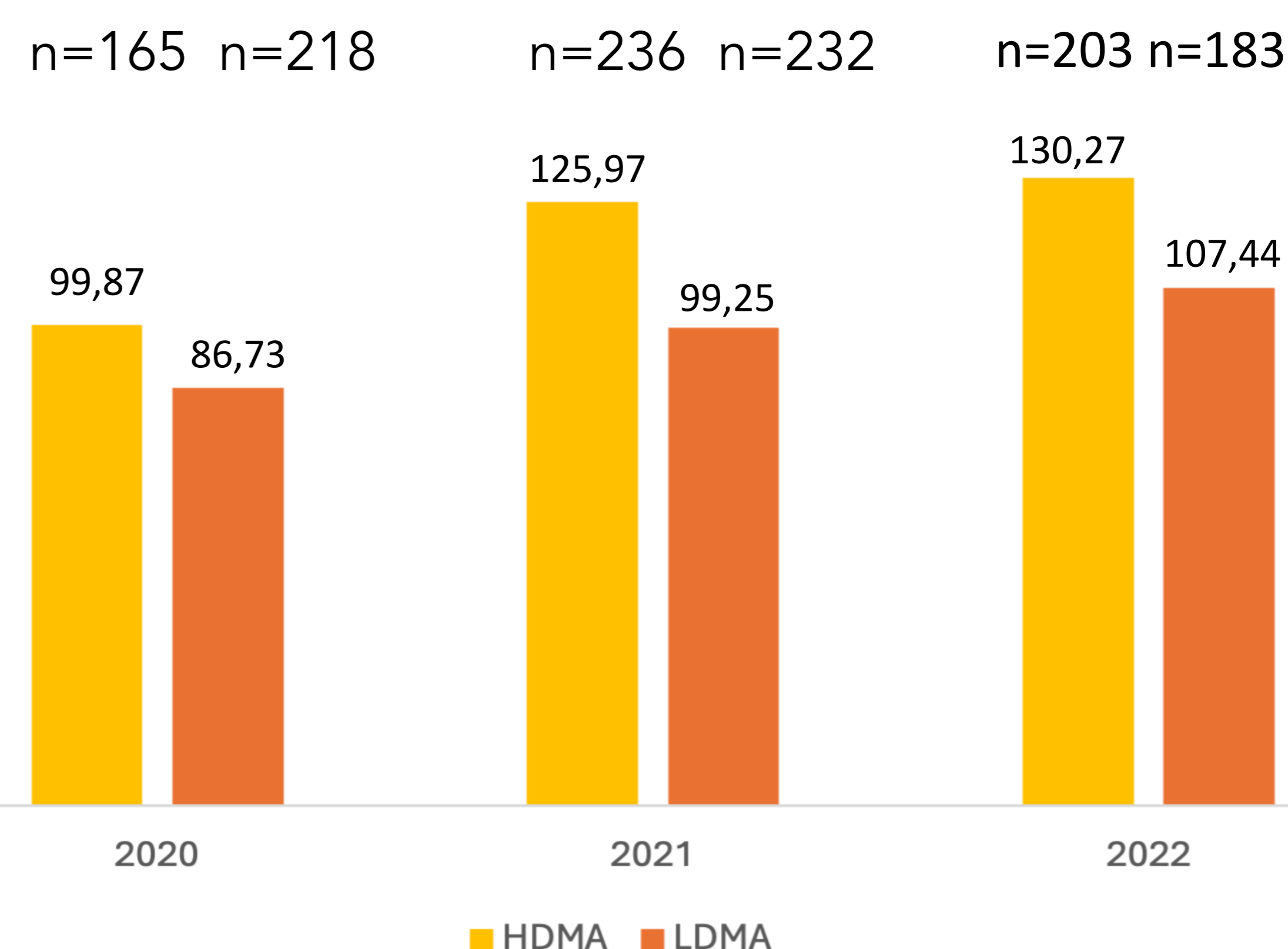
## RESULTS

### Physical Activity during the weekdays



\*Physical activity min/day

p ≤ 0.05



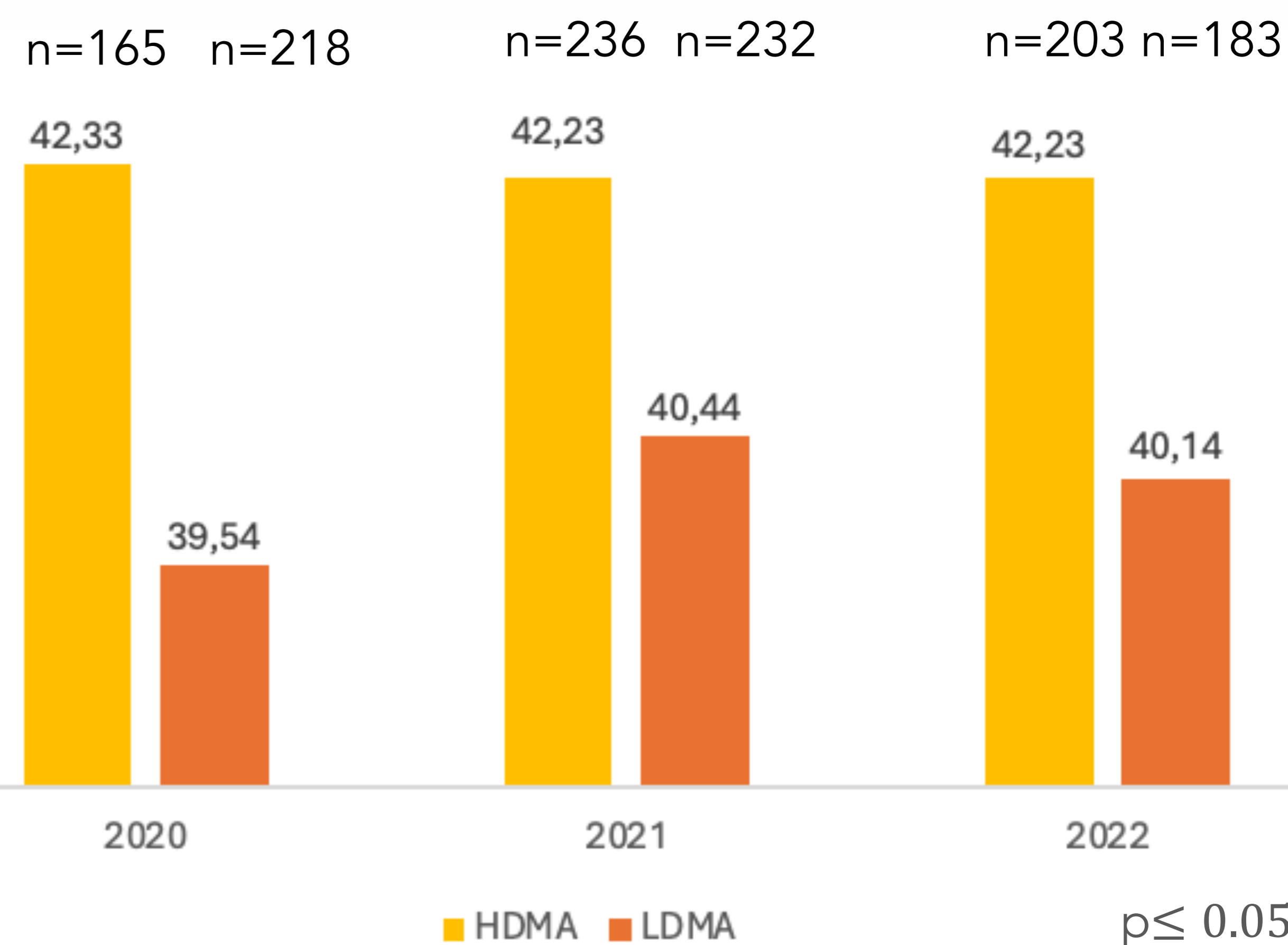
### Screen Time during the week



\*Screen time min/week (Monday-Friday)

p ≤ 0.05

### Emotional well-being



## CONCLUSIONS

1. MVPA: Children in the HMDA group consistently had higher mean MVPA compared to those in the LDMA group across all three years.

2. ST: Children in the HMDA group consistently had lower mean ST compared to those in the LDMA group across all three years.

3. EW: HMDA children exhibited higher emotional wellbeing scores compared to LDMA children each year.

