

POSTER

DIETARY PRACTISES, EVOLUTIONARY MISMATCH, AND ANXIETY IN HIGH SCHOOL ADOLESCENTS IN AN AMAZONIAN REGION

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ABSTRACT

Human evolution occurred in an adaptive environment markedly different from the present. Prior to sedentary life, human beings lived under selective pressures that favored intense physical mobility, diverse and minimally processed diets, and strong social support within small groups. The contemporary environment, marked by rapid urbanization, sedentary lifestyles, and the widespread availability of ultra-processed foods, creates a context of evolutionary mismatch—defined as the inadequacy of biological and behavioral responses to conditions that diverge significantly from those under which our species evolved. Adolescence, a critical period of physical, emotional, and behavioral development, may be especially vulnerable to such mismatch. This study aims to investigate potential correlations between dietary practices, the degree of mismatch with the ancestral environment, and symptoms of anxiety among high school adolescents. The sample will include 200 participants aged 15 to 18, of both sexes, enrolled in public schools in two contrasting regions of the Brazilian Amazon: the urban Metropolitan Region of Belém and the rural municipality of Medicilândia. Data will be collected using a Sociodemographic Questionnaire, the Beck Anxiety Inventory, the Brazilian Dietary Guidelines Adherence Scale (GAPB), and the Evolutionary Mismatch Lifestyle Scale. It is expected that adolescents living in rural contexts will show greater adherence to GAPB recommendations, a lower degree of evolutionary mismatch, and reduced symptoms of anxiety. Results may indicate that lifestyles more aligned with ancestral environments favor emotional regulation and offer insights for educational and public health strategies aimed at improving adolescent mental and nutritional health in different socio-environmental contexts.