



International Congress of Health and Well-being Intervention (ICHWBI 2019)

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Edited by:
Gustavo Desouza

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Professional satisfaction of nutritionists: influence of age

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BACKGROUND: Work well-being characterizes the professional quality of life and can be seen as one of the main determinants of productivity at the individual, business and social levels^[1,2]. Although the profession of nutritionist is relatively recent, it is growing, with few studies analysing the course of these professionals as well as their perception regarding work, training or investigating their well-being. **OBJECTIVES:** To evaluate the influence of age on the professional satisfaction of Portuguese and Brazilian nutritionists. **METHODS:** An exploratory cross-sectional study was carried out by applying a validated questionnaire consisting of 26 items^[3], with a Likert scale of five points ranging from Never (0) to Always (4). The professionals were surveyed through social networks and met the following inclusion criteria: being a nutritionist and working in the specific area of nutrition. The instrument was sent via e-mail to access the Survey Monkey® platform, where they signed the Free and Informed Consent Form and completed the data collection instrument. **RESULTS:** A total of 1136 subjects were interviewed, of which 206 were Portuguese (5% of the total members of the Professional Order) and 930 Brazilians (0.5% of the total members of the Brazilian Federal Council of Nutritionists), most of them in the 21- 34 years (69.7% in Portugal and 66% in Brazil). Portuguese and Brazilian nutritionists perceive themselves as being frequently in a well-being situation at work (2.60 ± 0.47 and 2.58 ± 0.56 , respectively). Having more than 34 years seems to be one of the predictors of well-being in the work of nutritionists in both countries. **CONCLUSION:** The results seem to show that in the younger age groups the nutritionists have less well-being at work, which may be related to the initial stage of the career in which they are, receiving lower remuneration and having greater professional instability, being more susceptible to a geographical mobility.

Keywords: well-being, age, nutritionists, satisfaction

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