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## Resumo

This thesis fits into the research “policy, knowledge and practices in food, nutrition and health” of the Center for Studies on Culture and Food and in the “Nutrition, Health and Aging” research, through partnership between the Institute of Nutrition and the Open University Senior Citizens. Its object of study is the meanings of the healthy eating for the elderly in the Brazilian and Spanish public agendas concept. Currently one of the challenges for the field of Food and Nutrition is the population aging accelerated process and the obesity and non-communicable chronic diseases increase. Despite being a reality in both countries, Spain has the highest figures and faces this issue longer. In Brazil, this is an accelerated and recent process. It takes place in the first step an analysis from Brazil’s national documents and the second step, made possible by an internship abroad (doctorate degrees at the University Rovira i Virgili - Tarragona/Spain), comparatively analyzing documents from Brazil and Spain. This is a documentary analysis. The documents selected by type, are: a general guideline - “Food Guide for the Brazilian population”, “Estrategia para la Nutrición, Actividad física y Prevención de la Obesidad (NAOS)” and “Libro Blanco de Nutrición en España”; practical guide - “Brazilian population Food Guide”, “Come sano y muévete: 12 decisiones saludables” and “Comer bien para envejecer mejor” and manual - “Healthy eating for the elderly: A handbook for health professionals”, “Guía de la orientación nutricional para personas mayores” e “Taller alimentación saludable y actividad física – manual para las personas mayores – vive más y mejor”. The reflections rely on different authors in the field of humanities and social sciences, as Sfez, Weber, Elias, Dumont, Canguilhem, Douglas, Beck, Giddens, Foucault. For the Brazilian agenda, were identified in the documents the following perspectives: individual accountability, with strong ascetic component and control over the body; strong tendency towards rational and maximum reduction in the risk of disease as synonymous for a healthy lifestyle; strong emphasis on hygiene and food safety; primacy of the biomedical nature of Nutrition and homogeneity and fragility as aging process marks. In the comparative analysis Brazil-Spain it is observed that despite the differences of the two countries the prospects are no different. The documents are structured from a same supranational orientation organization - the World Health Organization - by experts in the biomedical field in a set of rules that is based on scientific and moral intensive evidence. Homogeneity of aging, biopower and risk are the questions posed in the debate. It is the science regulating the life. The elderly are liable for maintaining their

proper food, from the perspective of disease prevention, maintenance of productive young body, longevity and immortality. There is no space to live the risk, it seems crucial to make us feel alive and healthy. And much less necessary building exercise everyday and reconstruction, looking at each other, identify needs, seek a source of power and pleasure of recognizing the real conditions of existence.