



11th International Conference on

Childhood Obesity and Nutrition

March 15-16, 2018 | Barcelona, Spain

Keynote Forum

Day 1

Childhood Obesity 2018

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Shaweta Vasudeva

National Academy of Sports Medicine, USA

Ketogenic: Beneficial impacts on childhood obesity and metabolic syndrome

This oral presentation will focus on operationally defining ketogenics, covering clinical weight loss components and positive impacts on metabolic syndrome, a major risk factor of obesity. It will also cover the connection of metabolic syndrome to obesity while presenting research on the benefits of ketogenic diets on these conditions. Ketogenic diets have been utilized as early as the 1920's for treatment of epileptic seizures in children. Research now indicates the metabolic alterations that occur within the human body during a ketogenic state can be a beneficial and viable treatment option for obesity. The research will highlight the works of: Cox et al. (2016), Dashti et al. (2004); Ede (2017); Freeman, Kossoff, & Hartman (2007); Roehl & Sewak (2017), & Volek et al. (2008) & (2016).

Biography

Shaweta Vasudeva is a teaching professional, speaker, author and coach. As a result of her passion to help others become the best version of self, she has founded a company called ShayTheCoach. Her background includes nutritional coaching, personal fitness training, corrective exercise, cranial sacral work and teaching karate & tai chi classes. She has completed her Bachelor of Arts and Master of Arts in Psychology and is currently pursuing Master of Science degree in Kinesiology at A T Still University-College of Graduate Health Studies. She is a Certified Nutritional Therapist, Certified Personal Trainer, Certified Corrective Exercise Specialist, and Goju Karate Black Belt. She currently teaches at Rio Salado College and takes clients at her private practice in Phoenix, AZ.

shaythecoach@gmail.com

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Elena Roura

Alicia Foundation, Spain

Assessment of eating habits and physical activity among Spanish adolescents; the cooking and active leisure, TAS program

Worldwide obesity has more than doubled in the last 40 years. Even more worrying is the fact that the number of overweight and obese children and adolescents has considerably increased. Socioeconomic development, as well as educational, agricultural and marketing policies have significantly changed dietary and physical activity habits among the youngest, who are thus susceptible to develop chronic and disabling diseases such as diabetes, some cancers and cardiovascular disorders. Adolescence is a critical age, in which the adoption of healthy habits may have dramatic effects on the health state in adulthood. For this reason, prompt interventions are urgently required to prevent the onset of obesity in this time of life. In this regard, the CAL-TAS program from Alicia Foundation was born to combat obesity and promote healthy lifestyles in Spanish adolescents. A total of 2519 students, aged 13–14 years, from 79 schools distributed all over the 17 autonomous communities in Spain were asked to report through the CAL-TAS platform their food intake and physical activity over one week. The body mass index, the consumption of food and beverages, the intake of macronutrients and micronutrients, and the values obtained from the PAQ-A questionnaire, which evaluated physical activity, were analyzed. 20% of the participants were overweight or obese. In general, adolescents did not or poorly respect the recommendations provided by the Spanish Society of Community Nutrition. For example, in more than half of the subjects, the ingestion of fruits and beverages was less than recommended, whereas the consumption of meat, baked goods and fried foods was excessive. Moreover, adolescents with higher body mass index also presented worse eating habits and more inactivity. In conclusion, Spanish adolescents present low adherence to recommendations provided by the Spanish Society of Community Nutrition (SENC) and by the World Health Organization. In order to prevent obesity-related disorders, effective educational programmes have to be designed. Indeed, adolescents and their families should be aware that the early adoption of healthy dietary habits and of a correct physical activity may strongly improve their future quality of life.

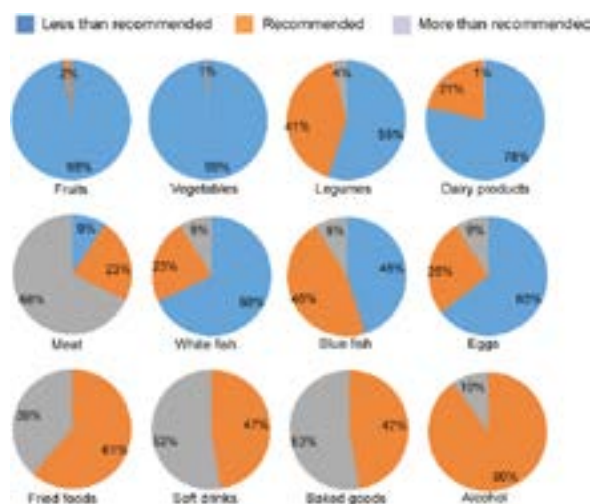


Figure: Compliance with dietary recommendations; percentage of participants consuming insufficient, recommended or excessive weekly servings of the indicated foods and beverages. Reference values are provided by SENC Dietary Guidelines

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Recent Publications

1. Roura E (2016) Assessment of eating habits and physical activity among Spanish adolescents; the cooking and active leisure TAS Program. PLoS One 27:11(7).
2. Balfegó M, et al. (2016) Effects of sardine-enriched diet on metabolic control, inflammation and gut microbiota in drug-naïve patients with type 2 diabetes: a pilot randomized trial. Lipids in Health and Disease 15(1):78-89.
3. Roura E, Pareja S, Milá R and Cinca N (2014) Cooking and active leisure, TAS Program, Spain: a program impact pathways (PIP) analysis. Food and Nutrition Bulletin 35-3:S145.
4. Vázquez Agell M, et al (2013) Cocoa consumption reduces NF- κ B activation in peripheral blood mononuclear cells in humans. Nutrition, Metabolism, and Cardiovascular Diseases: NMCD 23(3):257-320.

Biography

Elena Roura is the Scientific Director at Alicia Foundation where she leads all nutrition aspects and eating habits programmes. She has completed her PhD in Diet and Human Nutrition from University of Barcelona and a degree in Human Dietetics and Nutrition and Food Science. She is also a member of the Catalan Observatory of Food at University of Barcelona.

elena@alicia.cat

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Beverly M Copeland

Prairie View A&M University, USA

Analysis and evaluation of meals served in state registered private childcare settings

The prevalence of obesity nationally among 2-5 year-old children declined from 14% in 2003–2004 to 8% in 2011-2012. However, low-income families and certain racial and ethnic groups continue to have higher rates of obesity above the national average. The dietary guideline 2015-2020 reported an under consumption in key nutrients needed to maintain health and prevent disease. The goal of this study was to determine compliance of meals offered in private childcare centers in Waller county and to analyze and evaluate the nutritional quality and content of meals served in state registered child care facilities against the 2015–2020 Dietary Guidelines. Nutritional adequacy of breakfast and lunch menus and the types of foods offered was assessed against national standards. A cross-sectional descriptive study design was utilized. A convenience sample of 10 childcare centers was selected. Menus were collected from selected centers and three were visited for on-site meal observation. Menus were analyzed for nutrient content using Nutritionist Pro software (Axxya Systems, Stafford, Texas) and the Statistical Package for the Social Sciences (SPSS). Results found a statistically significant difference between the 2015-2020 Dietary Guidelines for children between the ages of 1-5 year old and the intake of protein, fat, vitamin A, vitamin C, calcium, fiber and sugar. The researchers concluded that children dietary intakes did not meet national standards on some key nutrients necessary to support proper growth and development and prevention of disease.

Biography

Beverly M Copeland has her expertise in Childhood Obesity working in the low-income and underserved populations. She seeks to find solutions to the prevention and treatment of childhood obesity. She is a registered and licensed Dietitian with the skill set needed to understand and developed tailored nutrition intervention programs to combat childhood obesity. She continues to work with caregivers, teachers and other stakeholders who are interested in seeing childhood obesity on a downward trajectory. She is currently an Assistant Professor and Director at College of Agriculture and Human Sciences-Prairie View A&M University.

bmcopeland@pvamu.edu

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Shaweta Vasudeva

National Academy of Sports Medicine, USA

Ketogenics: Implementation in clinical practice and biopsychosocial considerations

With so many fast food options, social gatherings, and cultural norms of sharing meals, the ketogenic lifestyle (as any mindful and health conscious lifestyle) can be a challenge. Therefore, this oral presentation will focus on the history of ketogenic diets, differing between their clinical use versus fad use (risks and benefits of each), implementation within a practice and lifestyle management of a ketogenic diet (including testing options to ensure a ketogenic state has been reached and is being maintained). The research will highlight the works of: American Heart Association (2015); Anderson (2015); Cox et al. (2016); Dashti et al. (2004); Ede (2017); Freeman, Kossoff, & Hartman (2007); Gustin (2018); Roehl & Sewak (2017); & Volek et al. (2008) & (2016); Whitney & Rolfes (2013).

Biography

Shaweta Vasudeva is a teaching professional, speaker, author and coach. As a result of her passion to help others become the best version of self, she has founded a company called ShayTheCoach. Her background includes nutritional coaching, personal fitness training, corrective exercise, cranial sacral work and teaching karate & tai chi classes. She has completed her Bachelor of Arts and Master of Arts in Psychology and is currently pursuing Master of Science degree in Kinesiology at A T Still University-College of Graduate Health Studies. She is a Certified Nutritional Therapist, Certified Personal Trainer, Certified Corrective Exercise Specialist, and Goju Karate Black Belt. She currently teaches at Rio Salado College and takes clients at her private practice in Phoenix, AZ.

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