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Childhood Obesity and Nutrition

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Posters

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An overview of children in Amsterdam with (morbid) obesity and comorbidity in secondary healthcare

Ghizlan El Mansouri
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Obesity is worldwide a growing problem. Obese children are at a higher risk for developing comorbidity. The municipality Amsterdam introduced the multidisciplinary approach Amsterdamse Aanpak Gezond Gewicht (AAGG) to standardize healthy behavior and to counteract obesity. This study will provide an overview of children with obesity and comorbidity in Amsterdam. It will research whether a predicting factor can be found among risk factors and it will be used to evaluate the effect of the AAGG in coming years. 822 children, who started an obesity program in the OLVG hospitals between 2012-2015, were included. Demographic data, the BMI grade, comorbidity and risk factors were collected and analyzed. 59% of the children were between 5-12 years. The majority (45%) had obesity grade I (n=807). Almost a third were Moroccan (n=786) and half of the children (n=753) had a bottom/low socio-economic environment. Regarding comorbidity, 21 had pre-diabetes, two had diabetes mellitus, 50 had elevated LDL-cholesterol levels, 149 showed hypertension and 61 had elevated ALT-levels (n=204). Moroccan and Ghanaian children were twice more likely to develop comorbidity than Dutch children. 151 children with risk factors developed comorbidity (n=643), while 47 children had comorbidity without risk factors (n=141). Regarding ethnicities, 20-30% of the children with risk factors developed comorbidity. About 25% of the children showed comorbidity, of which the majority had obesity grade I. A relation between certain ethnicities and comorbidity was found. The AAGG promises good results and this study is a baseline measurement to evaluate the effect of the AAGG-approach in coming years.

Biography

Ghizlan El Mansouri has completed her Bachelor degree in Biomedical Sciences in 2013 at VU University Amsterdam and is currently a fifth-year Medical Student at VUmc School of Medical Sciences, Amsterdam. In addition to her internships, she puts time and energy in doing scientific research and working in health care institutions.

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Sensory evaluation of different walnut species

Jelena Vidic
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Walnut (*Juglans regia L.*) is a plant native to temperate and sub-tropic regions of the northern hemisphere and is considered to have very good impacts on human health. Thus, many recommend having walnuts in their every-day diet in order to prevent multiple diseases. Sensory walnut evaluation holds a significant part in determining the strong and unusual tastes, as well as in comparing the sensory characteristics between different walnut varieties using all five sensory organs. The objective of the study is put on determining the intensity of the sensory characteristics between 16 different varieties, after what they were to be compared regarding to their country of origin. In the sensory laboratory at the Faculty of Food Technology and Biotechnology, eight sensory examiners carried out the sensory evaluation using the quantitative descriptive analysis. The examiners measured 14 sensory parameters overall - shell colour, scent on nut, scent on wood, strength and hardness of the fruit, crispness, putty-like consistency, sweetness, acidity, bitterness, oil aroma, rancidity and overall impression. The best overall impression among the examiners had the varieties from France.

Biography

Jelena Vidic has completed her Bachelor degree in Nutrition in June, 2017. Currently, she is pursuing Master degree in Clinical Nutrition at University of Roehampton in London. During her studies, she spends her time volunteering at MEND, UK where she has been promoting healthy eating to overweight children and their families.

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Evaluation of the obesity contributing factors in first grade elementary school students from Sari, North of Iran

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Obesity in children has raised the worries about public health and hygiene. In this study, we intended to evaluate the obesity rate among the children first grade elementary schools throughout the Sari, north of Iran. Moreover, we evaluated the possible effects of mother's life conditions on the estimation of obesity in children. In this descriptive cross sectional study, the study population included first grade elementary school students in Sari. Sampling was carried out through multi-stage and stratified randomization at level of the target students. Using stadiometer and digital scales, the height and weight were measured. Body mass index (BMI) was also calculated. A questionnaire about feeding habits and socio-economic status of parents was employed. Data collection was conducted using phone interview with parents as well as the questionnaire's records. Analysis of data was conducted in SPSS v.22 using suitably statistical tests. IBM SPSS Amos software was utilized for path analysis. A P<0.05 was considered as statistically significant. It was observed that 15% of the evaluated cases were obese. There was association between BMI of the obese cases and lifestyle-related habits. Path analysis revealed significant impression of patent's habit on the obesity of children. Our results suggest that the overall prevalence of obesity in Sari was high, which proposes the nasality for serious consideration in the health system, and designing, developing, and implementing of preventive approaches with regard to childhood obesity.

Biography

Melody Omraninava has completed her General Practice at Mazandaran University of Medical Sciences and Infectious Disease Specialization at Shahid Beheshti University School of Medicine. She is Educational Manager of Faculty of Medical Sciences at Islamic Azad University-Sari Branch. She has published nine papers in reputed journals.

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Trends of underweight and obesity defined by anthropometric measurements among male students at University of Thamar and Al saeeda-Yemen

Abdelmalek M Amran and **Abdulaziz A. Abbas**
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The general characteristics of the study sample, the total number of study participants amounted to 300 males; with mean age of M=21.3, SD=3.01 years. The majority of students were unmarried (86.3%), while the married students were 13.7%. Around 15.7% of students reported eating less than three meals per day. However, 12.7% of participants skipped their breakfast. Those, whose appetite was poor, felt sad most of the time and Qat chewing percentage was around 78% respectively. A larger proportion of the parents (fathers) education of participants (33%) was more than high school education, while larger proportion of the parents (mothers) education of participants (61.5%) was no education. Anthropometric measurements were done for the participants, together with questionnaire administration. Results indicated that the median BMI was 20.2. Overall, 17%, 70.7%, 9.7% and 2.7% were underweight, normal, overweight and obese respectively. 96% were normal and 4% at risk related to waist circumference while abnormally, extremely, healthy, overweight and obese were 4%, 45.7%, 44.7%, 4% and 1.7% related to WHtR. Poor diet and high prevalence of unhealthy eating habits was recorded among the participants; and unhealthy lifestyle as Qat chewing had been identified as risk factors of underweight disease.

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Developing national childhood obesity prevention program for after school-care setting

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Prevalence of obesity has been steadily increasing in Korea and OECD estimated that the rate of increase will be accelerated. Current childhood obesity rate in Korea is 16.5% and consistently increasing. Therefore, government needed to address this issue. The purpose of this study was to develop 12 weeks national childhood obesity program in the after school care setting. The program was consisting of nutrition education, sensory education, physical activity in the form of traditional play, and provision of fresh fruits as a snack. This program was run by Ministry of Health and Welfare, in conjunction with Ministry of Education and Ministry of Agriculture, Food and Rural Affairs. The primary outcome was change in body-mass index (BMI) between baseline and 12 weeks. Other outcomes were amount of physical activity (MET-min/week) and diet behaviours (number of fruits, vegetables, and dairy products consumption per week). A total of 2357 (year 1 and 2) children from 61 primary schools nationwide participated in this study. 1354 children had BMI data at both baseline and 12 weeks for comparison. The result showed that the average BMI of children was decreased from 16.83 kg/m2 to 16.72 kg/m2 (p=.000) while the average amount of physical activity and fruit consumption were increased by 511 MET-min/week and 0.37 day, respectively (ps=.000). Therefore it was concluded that this program was suitable for prevention of childhood obesity in the after school care setting and it will be expended up to 300 primary schools (10,000 children) nation-wide in 2018.

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A UK based digital intervention to enable parents to keep abreast of their children's growth and to support reductions in childhood obesity – A Mixed Methods Study

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Background: To understand the health risk of the local population and to combat rising levels of childhood obesity, Manchester University NHS Foundation Trust has developed the Children's Health and Monitoring Programme (CHAMP). CHAMP includes: (a) annual weighing and measuring for primary school children (age 4 to 11), and (b) a feedback system to convey Body Mass Index (BMI) results to parents via a secure website.

Objective: To investigate how effectively CHAMP engaged with parents and supported reductions in childhood obesity.

Methods: A mixed-methods design was used. Anonymised CHAMP registration and BMI data were collected between September 2013 and March 2017. BMI change over time was compared in matched cohorts of children whose parents had and had not registered with the CHAMP website. Qualitative focus groups and interviews were used to explore perspectives among 29 key informants (parents and staff) from six schools in Manchester.

Results: Overweight children whose parents had not registered with the CHAMP website gained a median of 0.14 BMI centiles between measurements, whilst children of CHAMP-registered parents decreased their BMIs by a median of 0.4 UK90 centiles per year (P=0.02). Qualitative analysis revealed a minority of parents had made lifestyle changes within their families to improve their health directly in response to the feedback received from the CHAMP website. Thematic analysis yielded further subthemes concerning psychological impacts of CHAMP on families.

Conclusion: CHAMP, which is unique as both a monitoring system and community based intervention, supports parents in making positive lifestyle choices which may benefit their child's growth trajectory.

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Associations of polymorphisms of *LEPr* and *FTO* genes with food consumption in severely obese individuals

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Genetic factors play an important role in the pathogenesis of obesity. This study aimed at assessing the associations of polymorphisms of *LEPr* and *FTO* genes with food consumption in obeses. Thus, a cross-sectional study of 222 obeses, adult patients was carried out. Two SNPs of LEPr (rs1137101 and rs8179183), and one SNP of FTO (rs9939609) were genotyped and analyzed. The food consumption was measured through a three-day diet diary; nutrients were calculated using Nutribase software. We used generalized linear models (GLMz) in SPSS 18.0 to analyze the additive effect of each SNP to caloric intake and macronutrients. The main effect was based on the interaction LEPr rs1137101 and rs8179183; being the caloric consumption associated to these genes (p<0.037-GLMz). The mean (±standard deviation) of the caloric intake in the LEPr rs1137101 (AA) genotype was 2780.2 (±1147.9) kcal/day; while in the LEPr rs8179183 (GC) genotype was 2811.2 (±1012.6) kcal/day. In both cases, the caloric intake was higher than the other genotypes. Regarding the macronutrients, only protein intake was associated with the SNPs evaluated (p=0.023-GLMz). Removing SNP rs9939609 of FTO from the model had no impact on the statistical significance. SNPs of the *LEPr* gene seem to play a potential role in the stratification of obese patients, as they may help to predict those individuals who are at higher risk for upper calories intake, and, therefore, for poorer outcomes. These findings have to be confirmed in prospective studies.

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Pediatric vegetarian diets are healthy, nutritionally adequate, and may provide health benefits in the prevention of obesity

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Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, childhood, and adolescence. Vegetarian diets in perspective: according to a nationwide poll in 2016, approximately 3.3% of American adults are vegetarian or vegan and about 46% of vegetarians are vegans. Plant-based diets are becoming well accepted. The American Institute for Cancer Research encourages a plant-based diet. The 2015-2020 dietary Guidelines for Americans recommend a vegetarian approach for the National School Lunch Program. Pediatric vegetarian diets: There are many reasons for the rising interest in vegetarian diets. Health, economic, ecological, ethical or religious reasons are at the top five. Scientific research continues to document the health advantages of the vegetarian diet with lower risk of heart related diseases, obesity, and cancer. Many are starting their children on a vegetarian lifestyle for the major reason to maintain good health and to prevent diet related diseases. The number of vegetarians in the United States and Canada is expected to increase during the next decade. Food and nutrition professionals can assist vegetarian clients by providing current, accurate information to parents about vegetarian nutrition, diet and resources.

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Prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia

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Introduction: Malnutrition continues to be a major public health problem in developing countries. It is the most important risk factor for the burden of diseases. It causes about 300,000 deaths per year and responsible for more than half of all deaths in children. In Ethiopia, child malnutrition rate is one of the most serious public health problem and the highest in the world. High malnutrition rates in the country pose a significant obstacle to achieve better child health outcomes.

Objective: To assess prevalence of malnutrition and associated factors among children aged 6-59 months at Hidabu Abote district, North Shewa, Oromia.

Methods: A community based cross sectional study was conducted on 820 children aged 6-59 months from September 8-23, 2012 at Hidabu Abote district. Multistage sampling method was used to select households. Children were selected from each kebeles by simple random sampling. Anthropometric measurements and structured questions were used. Data was processed using EPi-info software and exported to SPSS for analysis. Then after, sex, age, months, height and weight transferred with HHs number to ENA for SMART 2007 software to convert nutritional data into Z-scores of the indices; H/A, W/H and W/A. Bivariate and multivariate logistic regressions were used to identify associated factors of malnutrition.

Results: The analysis of this study revealed that 47.6%, 30.9% and 16.7% of children were stunted, underweight and wasted, respectively. The main associated factors of stunting were found to be child age, family monthly income, and children were received butter as pre-lacteal feeding and family planning. Underweight was associated with number of children HHs and children were received butter as per-lacteal feeding but treatment of water in HHs only associated with wasting.

Conclusion: From the findings of this study, it is concluded that malnutrition is still an important problem among children aged 6-59 months. Therefore, special attention should be given on intervention of malnutrition.

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Obesity and autism spectrum disorder

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Several contributing factors have led to nearly 20% of American children being obese. Specifically, family meals and physical activity have been shown to decrease the risk of obesity status. Data also show that obesity does not affect all groups the same. For example, hispanic youth are at greater risk for obesity status than their white counterparts. In addition, some studies have found that children with Autism Spectrum Disorders (ASDs) have obesity rates above 30%. The current research project theorizes that a major contributing factor to higher obesity rates among children with ASDs is related to family meals and physical activity. Family meals can be described as meals eaten as a family in the kitchen or dining room. Greater frequency of family meals has been associated with decreased BMIs and obesity rates for both children and adults. Family meals also are positively associated with fruit and vegetable consumption. The current data show children with an ASD are significantly less likely to eat meals as a family. This is especially true for males (p=.043). Children with an ASD also were found to be significantly less likely to engage in recommended amounts of physical activity. This was especially true for males (p<.001). In order to address these issues, practitioners should focus on efforts to increase autonomy and personalize physical activity goals and nutrition plans. Using self-referenced comparisons or comparison with other ASD status children may assist with motivation to comply with more personalized plans.

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Attitudes and knowledge of educators about the ESSA

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Childhood obesity rates have reached epidemic levels. Today, about 17% of US children are obese. Health risks assocaited with childhood obesity have serious lifelong health implications. Schools seem to be a logical setting to provide movement opportunities. One piece of legislation aimed at making physical activity in schools a bigger priority is the Every Student Succeeed Act (ESSA). ESSA will replace No Child Left Behind (NCLB) as national education policy beginning in 2017. ESSA is a deliberate move to put more control of decisions back into the hands of the states and local education agencies. ESSAs goal of a 'well round education' means more funding can be directed towards subjects such as physical education and health education. Federal dollars can now support efforts to decrease the obesity epidemic. With the change in legislation, this study examined the attitudes and knowledge of a selected group of public school educators from Illinois about their knowledge related to the ESSA and the importance of physical activity. Illinois is one of only six states that already has policies in compliance with NASPE elemntary PE recommendations. Illinois also mandates daily PE for grades K-12. Adherence of individual schools to these policies appears to be lower than one might expect. Preliminary data suggest perceptions of the current PE curriculum influences support for PE. Those with positive perceptions are more likely to support PE and be well informed about legisaltive efforts such as the ESSA. Many decision makers call for more innovative approaches and for certified teachers.

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Difference in waist circumference, waist hip ratio, glycemic index, and dietary fiber intake in patients with type II diabetes mellitus and other types of diabetes mellitus

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Politeknik Kesehatan Kementerian Kesehatan Bengkulu, Indonesia

Diabetes mellitus (DM) is a degenerative disease that continues to increase its prevalence worldwide. Increased cases of DM are influenced by several factors such as changes in lifestyle, obesity and dietary society. Studies have shown that central obesity is associated with insulin resistance (type II DM). The purpose of this research is to know the difference of waist circumference, waist hip ratio, glycemic index and fiber in DM type II patient and other type. The research design used was observational analytic with cross sectional approach on 58 samples. The investigation was conducted from April to May 2017. The data of waist circumference and waist hip ratio (WHR) were collected by anthropometric measurement, food consumption data with glycemic index and fiber by filling in semi quantitative form food frequency (FFQ). Data were analyzed using univariate and bivariate independent t test. The results is no differences waist circumference (p=0.86), waist hip ratio (WHR) (p=0.92), food consumption with high glycemic index (p=0.14), index glycemic low (p=0.06), and fiber consumption (p=0.97) (p>0.05) in patients with type II DM and other types of DM. It is expected the participation of hospital staff to patients with diabetes to provide information about the benefits of glycemic index food and encouragement to maintain weight, increase fiber consumption so that blood sugar levels can be controlled.

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Phytochemical study and antioxidant activity of some anti-diabetic plants in the Wilaya of Mascara

Ould Yerou Karima, Righi S, Belhocin A, Mekness A, Meddah B and **Tir Touil A**
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An ethnobotanical survey of 40 individuals in the Wilaya of Mascara identified 40 medicinal plants used for the treatment of diabetes mellitus. Among these plants, *Malva sylvestris, olea europaea sylvestris, Citrus aurantium* have been selected. The objective of our work is the phytochemical study and the antioxidant activity of the three plants selected. The raw methanolic extracts of *Malva sylvestris* and their stems, *olea europaea sylvestris* and *Citrus aurantium* were obtained by the extraction method: maceration. The quantitative determination of total polyphenols by the Folin–Ciocalteu method and the flavonoids in the presence of AlCl3, the total polyphenol content in *Malva sylvestris* and their stems, *olea europaea sylvestris* and *Citrus aurantium* represents 556.33 µg EAG/g MS and 443.33 ug EAG/G Ms; 557.66 gEAG/g Ms 447.77 µgEAG/gMS. The content of flavonoids is 1032.33 µg EQer/g Ms 898.66 ug EQer/g Ms 894.33, µg EQer/g Ms 1428.33 µgEQer/g MS. Antioxidant activity of the extracts prepared was measured by two methods. The first is the use of free radical 1,1-diphenyl-2-picrylhydrazyl (DPPH) and the second is reducing power of FRAP iron. These methods show that these plants have good antioxidant activity.

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A performance of ELISA and a quality of milk in Algeria

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[2]Université de Sidi Bel Abbes, Algeria

In order to prevent brucellosis in dairy cattle in the western region of Algeria and preserve the quality of milk and derivatives, we looked in 2009 the presence of serum antibodies to *Brucella* by different immunochemical tests. The wilayets concerned are those of Mascara, Relizane, Tiaret and Tissemsilt. The techniques of the buffered antigen test (EAT), the complement fixation (CF) and indirect enzyme immunoassay (i-ELISA) are used. A number 744 of dairy cows is affected by these different tests. In the wilaya of Mascara, a total of 418 cows which, only 02 cases were positive by using the EAT and 99 test cases using ELISA. At Tiaret the total number of dairy cows monitored is 156. Only one case is held by EAT positive but the use of immunoassay test showed 14. A similar observation was made for the 170 cows tested in Relizane province. In this region, eight cases were positive using ELISA. The other tests were negative. About five cows on Tissemsilt controlled only one positive case is obtained by ELISA. The results obtained using the three tests show the performance of the immunoassay has identified many cases of brucellosis found negative in the test use of the buffered antigen test and the fixing of supplement. The ELISA has better sensitivity because among the 744 sera tested only three sera were found positive by the use of tests of the EAT and FC but 112 cases were detected positive by ELISA. The animals that reacted positively to the ELISA have not done any testing EAT while all animals tested positively are for the ELISA. This zoonosis exists in western Algeria; with a prevalence of 15.05% revealed the use of ELISA test by which sensitivity and performance are recognized.

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Obesity in pediatric primary care: provider approach to the early childhood and adolescent patient population

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Obesity is a nationwide epidemic. Obesity in the early childhood and adolescent populations is on the rise resulting in long-term adverse health outcomes. Primary healthcare providers need to utilize evidence-based research interventions in order to assess, educate, and treat this devastating disease process. Though current guidelines, recommendations and programs exist like 5-2-1-0, providers continue to struggle. At Children of Joy Pediatrics, healthcare providers have noted similar problems to what other healthcare providers report in the literature. The purpose of this DNP project is to evaluate how the 5-2-1-0 evidence-based message is utilized in the COJP practice for children in the 2 to 5 and 12 to 18 year old age groups diagnosed with obesity, defined as having a BMI greater than or equal to the 95th percentile according to the CDC guidelines, to establish if the 5-2-1-0 message is being utilized and to what extent it is documented in the EMR. Retrospective data will be collected to determine the number of obese patients in each of the respective patient populations with additional data to be gathered to include age, gender, height, weight, BMI percentile and current interventions specifically focused on the 5-2-1-0 components. Recommendations for future quality improvement protocols may be proposed at the conclusion of the project.

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Behavioral economic strategy to reduce obesity

Shahram Heshmat
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Afundamental research question in behavior change research is why are old habits so enduring even when we gain insight about their damaging effects and are determined to change them? Why is it that people who are able to successfully initiate changes in their behavior are more often than not unable to sustain those changes over time? What leads a person to temporarily prefer poorer alternative? How can we explain such behavior that goes against our own self-interest? One possible answer is that people have self-control problem in the form of a present-biased preference (a predisposition for excessive myopic behavior) where one places extra weight on more immediate rewards. This session presents a behavioral economic perspective for understanding self-control failure. Self-control failures result in the person to act in a way opposite to her better judgments or intentions. Self-control can be temporarily undermined by a number of factors, including the surrounding context, lack of willpower, cravings, negative moods, and so on. These factors together explain why there is conflict between long-term human intentions and short-term actions, which leads to myopic decisions. An understanding of the circumstances under which people fail at self-control can provide valuable insights into how to overcome self-control problems. This session concludes by discussing ways to motivate individuals to act according with their long-term goals.

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Study of the influence of non-genetic factors affecting over nutrition students in Ayutthaya Province, Thailand

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Over nutrition is emerging as a morbid disease in developing and westernized countries. Because of its comorbidity diseases, it is cost-effective to prevent and manage this disease earlier. In Thailand, this alarming disease has long been studied, but the prevalence is still higher than that in the past. Physicians should recognize it well and have a definite direction to face and combat this dangerous disease. Rapid changes in the tremendous figure of over nutrition students indicate that genetic factors are not the primary determinants since human genes have remained unchanged for a century. This study aims to assess the prevalence of over nutrition students and to investigate the non-genetic factors affecting over nutrition students. A cross-sectional school based survey was conducted. A two-stage sampling was adopted. Respondents included 1,850 students in grades 4 to 6 in Ayutthaya Province. An anthropometric measurement and questionnaire were developed. Childhood over nutrition was defined as a weight-for-height Z-score above +2SD of NCHS/WHO references. About thirty three percent of the children were over nutrition in Ayutthaya province. Stepwise multiple logistic regression analysis showed that eight statistically significant non-genetic factors explain the variation of childhood over nutrition by 18 percent. Sex is the prime factor to explain the variation of childhood over nutrition, followed by duration of light physical activities, duration of moderate physical activities, having been breastfed, the presence of a healthy role model of the caregiver, number of siblings, birth order, and occupation of the caregiver, respectively. Non genetic factors, especially the subjects' demographic and physical activities, as well as the caregivers' background and family environment, should be considered in viable approach to remedy this health imbalance in children.

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