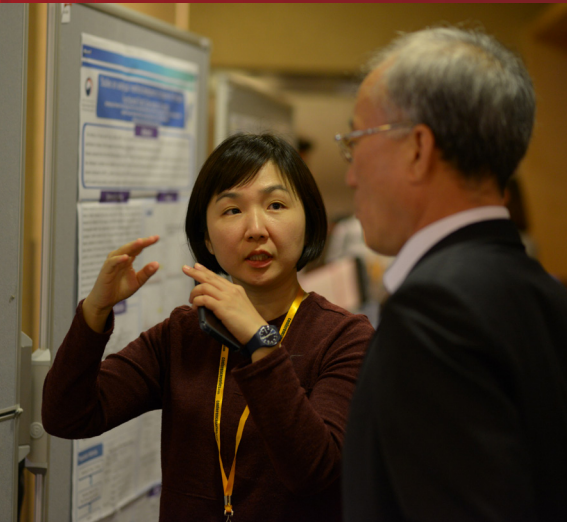
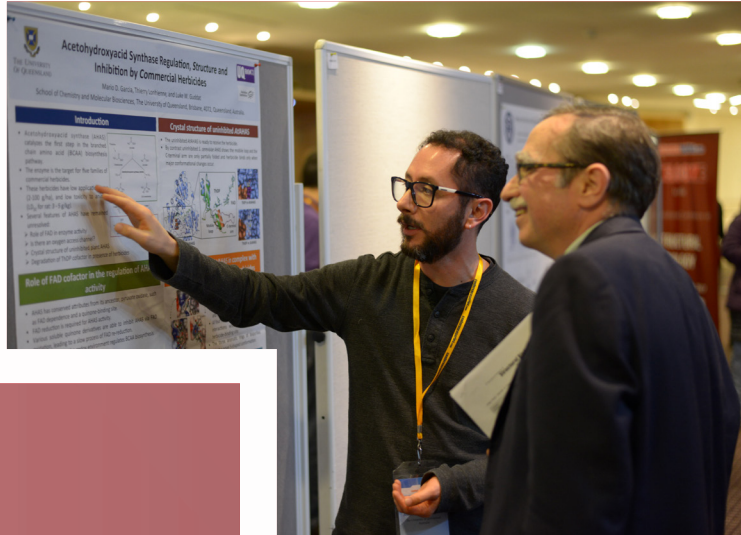


International Conference on

# OBESITY AND DIET IMBALANCE

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Posters

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## Age-related difference in the association between waist circumference and osteoporosis in adult Korean Men

**Minhee Kim and Kyungsoo Kim**

The Catholic University of Korea, Republic of Korea

This study aimed to investigate the relationship between abdominal obesity and osteoporosis in adult men in South Korea using data from the Korea National Health and Nutrition Examination Survey of 2009-2010. The study population (n=6,349) was selected from the 2009-2010 survey. Abdominal obesity in adult men was defined as a waist circumference >90 cm. Osteoporosis was defined as having a T-score of -2.5 or lower. To investigate the association between abdominal obesity and osteoporosis, multiple logistic regression analysis was performed. Adult men with abdominal obesity were at a higher risk for non-weight-bearing site osteoporosis than those in the control group after adjustment (odds ratio (OR): 1.608, 95% confidential interval (95% CI): 1.059-2.441,  $p=0.0254$ ). For subjects who were in their twenties or were sixty years or older, abdominal obesity was a risk factor for non-weight-bearing site osteoporosis (OR: 5.527, 95% CI: 1.269-24.065,  $p=0.0223$  for those in their twenties; OR: 2.189, 95% CI: 1.192-4.020,  $p=0.0112$  for those sixty years or older). The study findings suggested that abdominal obesity in Korean adult men increases the risk for osteoporosis, especially in non-weight-bearing sites. Moreover, young men should address potential abdominal obesity due to the emergent age-related association.

### Biography

Minhee Kim has completed her Bachelor's degree of Medicine from Inje University, Republic of Korea and obtained MD with License from Korea Ministry. She has completed Intern and Resident course of Family Medicine from The Catholic University of Korea, Republic of Korea and got Specialist License of Family Medicine from Korea Ministry. She is the Fellow of Department of Family Medicine of College of Medicine of The Catholic University of Korea, Republic of Korea. She has studied about obesity, metabolism and nutrition.

formyoath@gmail.com

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## The higher utilization of flour from nettle seeds in order to obtain innovative bakery products by their fortification

Romina Alina Vlaic, Crina Muresan, Sevastita Muste, Andrusa Elena Muresan and Vlad Muresan  
University of Agricultural Sciences and Veterinary Cluj-Napoca, Romania

The nettle (*Urtica dioica* L.), which is well-known for its properties, is widely spread throughout the temperate and tropical zones around the world. The aim of this product is to enrich bakery products by fortification, thus their nutritional value being raised. This has a positive impact on the consumers who, nowadays, take a growing interest in functional products which are rich in active compounds. Bread enriched with flour from nettle seeds is a product with high nutritional value. The innovative feature of this product consists in its being enriched with essential fatty and amino acids by the addition of 3%, 6% and 9%, respectively, of nettle seed flour. As a result, products with higher nutritional and functional properties have been obtained. The new products, thus, have had increased contents of protein (from  $6.60 \pm 0.14$  to  $7.16 \pm 0.14\%$ ) and fat (from  $17.48 \pm 0.11$  to  $2.85 \pm 0.21\%$ ). Moreover, the content of polyphenols also increased from  $49.88 \pm 0.42$  to  $88.55 \pm 0.96$  mg EAG/100 g, whereas the antioxidant activity increased from  $56.81 \pm 1.10$  to  $77.91 \pm 0.77\%$ . According to the sensory analysis by using the hedonic test the most appreciated bread was found to be that with 6% flour from nettle seeds. In terms of the texture analysis, the control sample compared to the samples with 3% and 6% added flour showed close results; a decrease was though noted in the sample with 9% added flour as compared to the control.

### Biography

Romina Alina Vlaic has more than 6 years of experience in exploitation of food science, development and optimization of functional food products, extraction and analysis of bioactive compounds (polyphenols, volatile oils, natural pigments, vitamins, proteins, fiber, essential fatty acids and sugars), and determination of food products quality parameters. She has obtained her PhD in the field of Agriculture. In 2016 and 2017 she was awarded with Excellence Diploma at the International Salon of Inventions, Proinvent approved by Ministry of Education and the Academy of Technical Sciences of Romania.

romina.vlaic@usamvcluj.ro

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## Association sarcopenic obesity with physical function and risk of disabilities

**Kyoung Jin Kim**

Konkuk University School of Medicine, Republic of Korea

Sarcopenic obesity, defined as decreased muscle mass combined with increased body fat, contributes to a decline physical function and exacerbates disabilities in older adults. Physical activity may improve health status and prevent functional decline. This study aims to identify the association sarcopenic obesity with physical function and disabilities. This cross-sectional study based on the Korean Frailty and Aging Cohort Study (KFACS) represents a population of 1,532 people 70 years and older. The correlation of sarcopenic obesity with physical performance including grip strength and walking speed was evaluated by using one-way Analysis of Variance (ANOVA). A logistic regression analysis was performed to identify the risk of disability in sarcopenic obese participants. A population of 1,532 community-dwelling older adults was included for whom the mean and Standard Deviation (SD) of age were  $76.2 \pm 3.9$  years (53.3% female). The prevalence of sarcopenic obesity was 16.6%. The lowest mean gait speed and hand grip strength values were seen in the sarcopenic obese group ( $1.09 \pm 0.24$  m/s and  $23.57 \pm 7.03$  kg, respectively). Sarcopenic obese participants were associated with an increased risk of Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL). Sarcopenic obesity is associated with IADL disabilities in geriatric population (Odds Ratio: 1.69, 95% Confidence Interval: 1.10-2.58).

### Biography

Kyoung Jin Kim is a Medical Doctor of Department of Family Medicine from Konkuk University Medical Center. She has studied about health promotion of seniors and published some papers dealing with frailty and geriatric problem.

jjin1202@gmail.com

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## Evaluation of the frequency of metabolic syndrome in Turkish adolescents and the affecting factors

Ayşe Ozfer Ozcelik, Hülya Yardımcı and Nazlı Nur Aslan  
Ankara University, Turkey

The metabolic syndrome is a public health problem that is more common with the changing habits and the effect of increasing obesity. The aim of this study is to assess the frequency of the metabolic syndrome in Turkish adolescents and the affecting factors. The study was conducted with 382 adolescent children aged 10-17 years. The data were collected using a face-to-face interview method with questionnaire form. The questionnaire contains general information, nutritional habits, physical activity status, some biochemical blood data and anthropometric measurements of the adolescents. Analyzes were evaluated with appropriate statistical methods. 38.7% of the participants were male (n=148) and 61.3% were female (n=234). It was determined that 90.2% of the females and 72.3% of the males entered puberty. 33.5% of the people consumed three main meals regularly every day. The most frequently skipped main meal was morning breakfast (52.8%). More than half of adolescents (56.5%) consumed fast food. 37.2% of the females and 55.2% of the males had metabolic syndrome. A statistically significant difference was found between the presence of metabolic syndrome and gender status ( $p<0.05$ ). 53.3% of those with metabolic syndrome frequently consumed fast food and this was statistically significant ( $p<0.05$ ). Fasting blood glucose level, triglycerides and TG: HDL ratio in females with metabolic syndrome was high compared to those without metabolic syndrome ( $p<0.05$ ). Similarly, fasting blood glucose level, total cholesterol, triglyceride, TG: HDL, LDL, fasting plasma insulin and HOMA-IR levels were higher in males with metabolic syndrome compared to those without metabolic syndrome and there was a statistically significant difference between fasting blood glucose, cholesterol, TG: HDL ratio and HOMA-IR levels ( $p<0.05$ ). 15.4% of adolescents with metabolic syndrome and 21.4% of those without metabolic syndrome had physical activity ( $p<0.05$ ). Improving nutrition and physical activity habits may be effective in preventing the development of the metabolic syndrome. There is a need for interventions to reduce risk factors for healthy growth and development in Turkish adolescents.

### Biography

Ayşe Ozfer Ozcelik has completed her PhD from Ankara University, Turkey. She has worked as the Head of the Department of Nutrition and Dietetics. She is at the Ankara University Faculty of Health Sciences Department of Nutrition and Dietetics. She has published more than 70 papers in reputed journals.

ozferozcelik@gmail.com

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## Are high protein diets effective on renal function?

Hulya Yardimci, Nazli Nur Aslan and Ayse Ozfer Ozcelik  
Ankara University, Turkey

Protein or amino acid loading causes an increase in renal blood flow and glomerular filtration rate. Hyper filtration in glomerular accelerates the development of chronic kidney disease. For this reason, it is thought that high protein intake may be harmful to the kidneys. Studies on the subject have focused on the effect of protein amount and duration of consumption on renal function. In short-term studies on hypertension, type 2 diabetes and aged people, high protein intake was found to have an impact on glomerular filtration rate and urine albumin excretion and it was determined that this effect depends on the age in healthy people. However, when individuals with pre-hypertension or first stage hypertension were given high protein for six weeks, it was reported that there may be adverse effects on kidney function in long-term due to a significant increase in cystatin. In a long-term study on adult pigs, the glomerular filtration rate was significantly higher in pigs fed with high protein (35.0% of the energy) compared to those fed with normal protein (15.0% of the energy) at the end of the fourth month and proteinuria was observed in pigs in the group fed with high protein. However, at the end of the eighth month, previously observed results were not obtained between the two groups. In animal experiments, glomerular hyper filtration and fusion have been suggested to cause glomerular injury and progressive chronic nephropathy. In another study, creatinine clearance increased by 5-10% at 3 and 12 months in healthy individuals who consumed a high protein diet for two years. The increase in obesity rate has been used for many years with the positive effect of high protein diets on body weight loss. However, besides there are not certain data on the effects of high protein diets, there is no universally accepted definition for high protein intake and long-term human intervention studies are limited. It is believed that there is a need for new studies to address concerns about this issue.

### Biography

Hulya Yardimci has completed her PhD from Ankara University, Turkey. She has published more than 40 papers in reputed journals. She has worked in the Ministry of Health for 23 years.

hulyardimci@gmail.com

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## Innovative technology for healthy menu reformulation

Ramona Suharoschi<sup>1</sup>, Crina Muresan<sup>1</sup>, Oana Lelia Pop<sup>1</sup>, Adela Viviana Sitar Taut<sup>2</sup>, Angela Cozma<sup>2</sup>, Adriana Fodor<sup>2</sup> and Raluca Muresan<sup>1</sup><sup>1</sup>University of Agricultural Sciences and Veterinary Medicine of Cluj-Napoca, Romania<sup>2</sup>Iuliu-Hatieganu University of Medicine and Pharmacy, Romania

The nutrition impact on the weight and currently the health status is the main focus of the study that aim to reformulate menu offer by a local catering company by introducing ingredient of vegetal origin (vegetables, fruits, herbal plants, salads, spices, vegetable oils cold pressed, etc.) rich in dietary fibers, polyphenols, antioxidant compounds, anti-inflammatory compounds, bioactive peptides and enzymes, probiotics and prebiotics foods with a direct impact on the body weight and wellbeing. Nonetheless, the reformulation of the menus are aiming to increase the satiety and nutritional density. The study reformulated 94 menus (36 main courses, 35 garnishes and 23 soups). The USDA-National Nutrient Database a validated and annotated database was used as reference. The main nutrients assessed were total lipids (Saturated Fatty Acids (SFA), Monounsaturated Fatty Acids (MUFA), Polyunsaturated Fatty Acids (PUFA) and trans fatty acids), proteins, carbohydrates, dietary fibers, vitamins, minerals, water, ash, flavonoids and energetic value. The results of the menu reformulation and assessment expressed the caloric values of each food ingredient, nutrients assessment (macro- and micro-nutrients), the analysis of other essential healthy nutrients (report between saturated and unsaturated fats, dietary fibers, salt, sugar and flavones) linked with body weight management. The reformulated menus have an increased content of flavones, dietary fibers, prebiotic and probiotic content and less sugar, salt and saturated fat with an increased antioxidant and anti-inflammatory activity. Accordingly to the sensory analysis performed with hedonic test, the most appreciated menu were the reformulated "lasagna" and chickpeas balls with coriander and herbs.

## Biography

Ramona Suharoschi has more than 19 years' experience in the field of applied nutrigenomics in food science, development and optimization of nutritional intervention of functional food products, food safety and food toxicology. She has completed PhD in the field of Veterinary Medicine at University of Reno, Nevada USA and University of Ulster, Coleraine, Northern Ireland, having as research topic "In silico Studies of Prostate Cancer". She has published more than 50 papers in national and international journals of scientific flow.

ramona.suharoschi@usamvcluj.ro

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## Evaluation of adaptation of adults between 20-64 years old to Mediterranean diet

Nazli Nur Aslan, Ayşe Özfer Özçelik and Hülya Yardimci  
Ankara University, Turkey

It is known that nutrition, especially the Mediterranean diet, is important in the prevention and development of diseases. The aim of this study is to assess the adaptation of adult individuals to the Mediterranean diet. This study was conducted with 400 adult individuals in two cities of Central Anatolia in Turkey (Ankara and Konya). The data were collected with a questionnaire consisting of general information, dietary habits of the participants and Mediterranean Diet Compliance questions and evaluated with appropriate statistical analysis. 63.7% (n=255) of the participants included in the study were female and 36.3% (n=145) of the participants were male. The mean age of the individuals was  $28.9 \pm 11.0$  years and 78.0% were university graduates. 63.4% of the adults stated that they did not smoke and 84.0% stated that they did not consume alcoholic beverages. When the nutritional habits of the individuals were examined, it was determined that 74.5% of them had three main meals per day and the most frequently skipped meal was breakfast (66.8%). It was determined that 55.2% of the individuals consumed sweetened beverages and 54.8% of the consumers consumed more than  $\geq 3$  sweetened beverages per week. The median upper middle arm circumference of the individuals was 26.0 cm and the Body Mass Index (BMI) was 22.8 kg/m<sup>2</sup>. Mean score of the Mediterranean Diet Compliance Scale of the participants was  $7.1 \pm 1.9$ . 71.8% of the females and 59.3% of the males had the medium diet score and the difference between the Mediterranean Diet Scale according to gender was statistically significant ( $p < 0.05$ ). The frequency of consumption of sweetened beverages as increased, Mediterranean Diet score was found to decrease significantly ( $p < 0.05$ ). BMI of those with a good diet score was lower than those with a bad diet score ( $p < 0.05$ ). The inclusion of the Mediterranean diet in the planning of obesity nutrition therapy is expected to have a positive impact on the development of body weight control strategies. Paying attention to the same cutting points in studies using Mediterranean diet compliance scales will provide more accurate results when comparing the studies to be conducted.

### Biography

Nazli Nur Aslan has completed her Master of Science degree from Ankara University, Turkey. She has published more than 5 papers in reputed journals. She is currently studying at Ankara University Faculty of Health Sciences Department of Nutrition and Dietetics as a Doctorate student.

nnaslan@ankara.edu.tr

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## Physical activity habits of adults

Busra Baspinar, Nazli Nur Aslan, Hulya Yardimci and Ayse Ozfer Ozcelik  
Ankara University, Turkey

The aim of the study was to determine the physical activity habits of adults aged 20-65 years. This study was conducted with 200 adults (74 women, 126 men) who regularly go to Ankara University Olympic swimming pool and the exercise room. Survey data were collected face to face with the questionnaire. Body weights and height lengths were measured and classified according to BMI values. The data obtained from the study were analyzed with SPSS software package program. The mean age of the women was  $25.2 \pm 6.6$  years and the mean age of the men was  $26.3 \pm 8.1$  years. It was determined that 68.9% of the women were graduated from high school and 31.1% were graduated from university. Of males, 56.3% were graduated from high school and 43.7% were graduated from university. According to their own statements, 12.2% of women and 8.5% of men had at least one chronic disease. 8.1% of women were underweight, 85.1% normal weight, 6.8% overweight/obese. 57.1% of men were normal weight, 42.9% overweight/obese. It was determined that the mean BMI of men ( $24.6 \pm 2.6$  kg/m<sup>2</sup>) significantly higher than women's ( $21.5 \pm 2.5$  kg/m<sup>2</sup>;  $p < 0.05$ ). 8% of the normal body weight (n: 108), 33.3% of the underweight (n: 2), 64.4% of the overweight/obese (n: 35) consume three main meals a day ( $p < 0.05$ ). 63.9% of the women participating in the study stated that they regularly do fitness, 20.9% swimming, 12.8% tennis. 52.8% of the men stated that they regularly do fitness, 24.7% swimming, 10.7% football. When asked about their reasons to do physical activity, 39.4% of the women responded to lose weight, 38.3% to be healthy and 12.1% to increase their muscle mass. 44.7% of males stated that they had physical activity in order to be healthy, 32.1% to increase muscle mass and 16.7% to lose weight. The role of physical activity in maintaining a healthy life is important. However, it should be kept in mind that maintaining appropriate body weight and healthy diet are also effective.

## Biography

Busra Baspinar has completed her Master's degree from Ankara University, Turkey. She has published 3 papers in reputed journals. She is currently a pursuing her Doctoral studies at Ankara University Faculty of Health Sciences Department of Nutrition and Dietetics.

busrabaspinar92@gmail.com

## Notes: