

Obesity & Fitness Expo 2017



16th International Conference and Exhibition on

OBESITY & WEIGHT MANAGEMENT

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17TH WORLD FITNESS EXPO November 13-15, 2017 | Atlanta, USA

e-Poster

16th International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**
&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Prevalence of behavioral risks factors for obesity in children in Kazakhstan****Zhanar Tolysbayeva¹, Gaukhar Datkhabayeva¹, Akkumis Salkhanova¹, Maikul Kainarbayev², Svetlana Alliyarova², Toregeldy Sharmanov¹, Shamil Tazhibayev¹ and Diana Koibagarova**¹Kazakh Academy of Nutrition, Kazakhstan²Asfendiyarov Kazakh National Medical University, Kazakhstan

Significant contributors to obesity are sedentary lifestyle and overeating conditioned by eating habits and psychological problems. To identify the prevalence behavioral risk factors for obesity in children of school age in Kazakhstan 1,400 schoolchildren aged 11-18 years representing five oblasts and two large cities (Almaty, Astana) were interviewed. The proportion of children who spend two or more hours every day in front of a TV and/or gaming on a computer/tablet/ smartphone was higher in the older age group (14-18 years) than the group aged 11-13, at 65.9 percent and 54.9 percent, respectively. Older pupils spend more time gaming rather than watching TV (59.3 percent and 46.3 percent, respectively). When asked if they eat while watching TV/smartphone/computer etc., 46 percent of interviewed children answered positively. Anxiety eating after an argument with friends, a poor grade at school, or a failure at an activity, is a rather common occurrence among schoolchildren. Almost one in every three kids (28.7 percent) has admitted to eating out of anxiety and this proportion increases with age. Approximately a third (29 percent) of the interviewed children has experienced a desire to “eat away” loneliness/boredom and again, this proportion increases along with age. Therefore, the bad habits associated with eating behavior and sedentary lifestyle seems to be forming in early childhood. In this regard, in order to prevent childhood obesity attention must be paid to the children’s eating behavior and how they spend leisure time starting at an early age, so that corrective measures can be taken in a timely fashion.

Biography

Gaukhar Datkhabayeva is a PhD in human physiology. Her PhD thesis was devoted to EEG-investigation of functional brain state self-regulation. Mrs. Datkhabayeva has worked at the Kazakh Academy of Nutrition as a senior researcher for a number of years and has carried out investigations of food and behavioral factors contributing to childhood obesity, as well as the influence of obesity on children’s cognitive functions, as part of a program of prevention of pediatric obesity in school-age children in Kazakhstan. Mrs. Datkhabayeva’s interests cover popularization of healthy nutrition and elaboration of effective strategies for the promotion of healthy nutrition choices.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Childhood Obesity in a Consultation of Two Health Care Center (HCC) in the Periphery of Sfax : Diagnosis and Future**Najoua Saafi¹ and Yosra Gaddour²¹Basic Healthcare Group of Sfax- Tunisia²Basic Healthcare Group of Jbeniana- Tunisia

The group age 3 to 15 years old represent 20 % of the population in Tunisia. Each (HCC) have a consultation specifically designed to this age group within the framework of the National Mother and Child Health Program. To identify the incidence of obesity in this HCC we realized this cross-sectional survey of 122 children interviewed with one of their parents (122) attending two medical centers in the periphery of Sfax (Ouled Ahmed, Sidi Salah) each one with a population of about 4500. The incidence of obesity was 12.5%: 15.2% among girls and 8.1% among boys. The average BMI was 14.29 kg/m². The average age was 7.56 years old. The proportion of children who spend more than 2 hours in front of TV and/or internet was 65% and 38% more than 4 hours. However, 72% of the parents report that their child is highly active, liking to play but 54% of obese children have no sportive activities. 31% have at least repeated a year but 53% of obese children have no grade repeat. 68% brought sweets and 29% sandwiches as snack. The incidence of obesity increases with age from 4% at the preschool age to 10% between 12 and 15. This survey shows the children's bad habits implied the passivity of the parents in addition to sociocultural pressures. So it will be crucial in the success of the strategy of tackling child obesity to take care both of the children and the parents.

Biography

Najoua SAAFI has completed her PhD in medical studies at the age of 27 years from Sousse University School of Medicine. She is a principal doctor in public health since 1999. She has published more than 10 posters in different conferences, focusing mainly on obesity in different age ranges including pre-schooled and elementary kids, adolescents and adults aged over 40, hypertension, diabetes and emergency.

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Accepted Abstracts

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Novel electronic monitoring methodology to enhance prevention of type II diabetes mellitus****Alissa M Underhill**

Olivet Nazarene University, USA

Those living with Type II Diabetes Mellitus (T2DM) suffer from the disease in many ways including a reduction of quality of life, increased health-related costs and higher mortality risk. Progression toward T2DM can be slowed or prevented through lifestyle modification programs that include a reduction in caloric intake along with moderate physical activity. A small amount of weight loss can be beneficial in slowing the progression of T2DM. The purpose of this study is to evaluate the inclusion of technology into the popular lifestyle modification program: the Diabetes Prevention Program -Group Lifestyle Balance Program (DPP – GLB). The DPP – GLB Program has shown great success in reduction of progression toward T2DM, however, it was unknown how integrating technology would affect overall program outcomes. Program outcomes included the attainment of 150 minutes of physical activity and a weight loss trending toward 7%. Technology has become prominent over recent years and is believed to be used advantageously for disease prevention purposes. Therefore, our hypothesis was that integrating technology into the GLB Program would show improved primary outcomes and would be more effective (by proxy through our outcome measurements) than the standard GLB protocol at reducing the risk of T2DM. There are many benefits to utilizing technology these have potential implications for the future of healthcare and disease prevention/management. We conducted a study of at-risk for progression to T2DM in adults aged 40 and older. Statistical significance was not found between our control and technology groups, however, clinical significance was found. Statistical significance was found within groups. We believe monitoring physical activity with technology can reinforce positive lifestyle changes to encourage and increase activity due to instant feedback from the device. Participants can be successful with weight loss by going through the GLB Program, reinforcing the importance of lifestyle modification.

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Exergaming intervention in sedentary middle-aged adults improves cardiovascular endurance, balance and lower extremity functional fitness

Daniel M Rosney
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Background: Interactive video game technology has been extensively utilized in rehabilitative settings. However, few studies have explored the potential benefits of interactive video games as an exercise instrument for middle-aged adults who do not have a gym membership or who otherwise cannot regularly make it to their local fitness center. Features of interactive exergaming (modeling proper exercise biomechanics, increasing self-monitoring of behavior, encouraging participants to set health-related goals and rewarding regular use) may help promote physical activity and consequently improve balance, cardiovascular endurance and functional fitness.

Purpose: To compare balance, cardiovascular health and functional fitness in relation to exercise tests in sedentary adults before and after exergaming (n=12, 56±4 years, 162.1±10.9 cm, 79.2±19.1 kg, 39.6±7.7% fat mass).

Methods: Subjects initially underwent balance, cardiovascular endurance and functional fitness tests before engaging in exergaming for 20 min/3d/wk. After eight weeks, balance, cardiovascular health and functional fitness were retested.

Results: Exergaming improved Single-Leg-Stand time (3.2±0.4s to 7.9±1.4s, p<0.05), Sit-To-Stand repetitions (14.2±1.7 to 16.8±1.3, p<0.05) and YMCA 3-Minute Step Test heart rate recovery (103±7.9 to 95±3.2, p<0.05) while eliciting a habitual voluntary moderate-intensity exercise level in previously sedentary individuals.

Conclusion: Exergaming increased cardiovascular endurance, balance and lower extremity functional fitness while meeting American College of Sports Medicine guidelines for moderate-intensity exercise. Exergaming should be considered a viable option for home exercise programs to meet ACSM physical activity recommendations and improve overall quality of life.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**An investigation into two modes of eccentric hamstring training on parameters of strength and fatigue resistance****David Roche**

University of Salford, UK

Purpose: Despite the high incidence of hamstring strain injuries in several popular sports, definitive research on their causation and prevention is limited. Studies show fatigue and also hamstring eccentric weakness as causes for hamstring injuries. It begs the question which way may be the best to train hamstrings to prevent injury.

Methods: Eccentric hamstring peak torque and angle of peak torque were measured using the Kin Com dynamometer at 60° s⁻¹/s (type, 125 AP, Chattanooga, TN, USA) before and after a modified L.I.S.T fatigue protocol. Participants were divided into two groups and underwent four weeks of eccentric hamstring training, then retested. The strength group used Nordic Hamstring Curls and the endurance group used Assisted Nordic Hamstring Curls.

Results: The results showed a significant difference in peak torque in both groups (strength: 0.00 and Endurance: 0.01). Both groups did not show a significant difference in angle of peak torque; however the results showed an increase to longer muscle lengths of 18.28% and 26.95% for endurance and strength groups respectively.

Conclusions: The strength training intervention shows the greatest improvement on both peak torque and angle of peak torque.

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Epidemiology of low back pain among nurses working in public hospitals of Addis Ababa, Ethiopia

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Background: Low back pain (LBP) related to Nursing Profession, is a very common public health problem throughout the world. Various risk factors have been implicated in the etiology and LBP is assumed to be of multi-factorial origin as individual, work-related and psychosocial factors can contribute to its development.

Objectives: To determine the prevalence and to identify risk factors of LBP among nurses working in Addis Ababa City Public Hospitals, Ethiopia, in the year 2015.

Settings: Addis Ababa University, Black-Lion (Tikur Anbessa) Hospital-BLH, is the country's highest tertiary level referral and teaching hospital. The three departments in connection with this study: Radiology, Pathology and Orthopedics, run undergraduate and residency programs and receive referred patients from all over the country.

Methods: A cross-sectional study with internal comparison was conducted throughout the period October-December, 2015. Sample was chosen by simple random sampling technique by taken the lists of nurses from human resource departments as a sampling frame. A well-structured, pre-tested and self-administered questionnaire was used to collect quantifiable information. The questionnaire included socio-demographic, back pain features, consequences of back pain, work-related and psychosocial factors. The collected data was entered into Epi Info version 3.5.4 and was analyzed by SPSS. A probability level of 0.05 or less and 95% confidence level was used to indicate statistical significance. Ethical clearance was obtained from all respected administrative bodies, hospitals and study participants.

Results: The study included 395 nurses and gave a response rate of 91.9%. The mean age was 30.6 (± 8.4) years. Majority of the respondents were female (285, 72.2%). Nearly half of the participants ($n=181$, 45.8% (95% CI [40.8-50.6%])) were complained low back pain. There were statistical significant association between low back pain and working shift, physical activities at work; sleep disturbance and felt little pleasure by doing things.

Conclusion: A high prevalence of low back pain was found among nurses working in Addis Ababa Public Hospitals. Recognition and preventive measures like providing resting periods should be taken to reduce the risk of low back pain in nurses working in public hospitals.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Plant based diets and performance****Michael Dahlinghaus**

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Vegan or plant based diets have continued to rise in recent years among the general public and fitness community. However little is known or discussed on how this can affect physical fitness. Nutritional organizations worldwide have supported the adoption of a vegan diet to improve health. However, most of these groups place special emphasis ensuring the diet is well-planned in order to avoid potential nutrient deficiencies. Joint statements by nutritional and sports medicine organizations have concluded that physically active individuals have special nutritional needs and considerations when compared to a sedentary population. While specific research on a vegan diet's (not vegetarian) impact on performance is limited, there is a great deal that does point to the potential for a well-planned vegan diet to improve physical fitness. However there could be negative performance and or health consequences by ignoring nutritional recommendation for specific activities. The purpose of this presentation is to highlight the health and performance benefits of adopting a plant based diet and present considerations for physically active individuals to avoid possible pitfalls in their fitness training. Individuals following a plant based diet tend to be lower in total calories, fat, protein (also lower in essential amino acids), omega-3 fatty acids, vitamin B12, iron, vitamin D, calcium, creatine, carnosine and zinc compared to those following an omnivorous diet. Most if not all of these macro and micronutrients are also of special concern to physically active individuals. For both aerobic and anaerobic fitness goals it is discouraged to have fat intake <20% of energy intake. For anaerobic fitness goals aiming for 1.2-2 g/kg/bw. Vegan athletes should seek leucine rich protein sources to ensure optimal muscle protein synthesis. For individuals who do more aerobic high caloric cost exercise, ensuring sufficient energy intake is important. A well-planned plant based diet has the potential to increase health and improve physical fitness. To ensure a healthy adherence to both requires special health education by fitness professionals.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**The relationship between tramadol intake and high sports injuries among amateur football players in Egypt****Mohamed Ouda**

Benha University, Egypt

Tramadol is one of the most famous drugs that have recently been published in the sports center. It is a semi-opioid drug used to treat moderate to severe pains such as nerve, muscle, spinal column and arthritis pain. It can also be used to treat pain caused by surgery. Tramadol have similar effect of Codeine and Morphine. Treatment by using tramadol without the knowledge of the doctor or in quantities exceeding than quantity allowed for any person due to addiction to him were treated like drug abuse in various forms. It is worth mentioning that young Egyptian people are associated with the misconceptions that the realms of the tramadol increase the physical ability, relieve pain and improve sexual ability. Tramadol used for long period have several symptoms such as temporary amnesia, irregular heartbeat, high blood pressure, renal failure, osteoporosis, dizziness, difficulty breathing and occasional apnea. This study aims to identify the relationship between the tramadol intake and occurrence of sports injuries among the amateur football players and relationship between the use of tramadol and the occurrence of different type of sports injuries among amateur football players. In light of the current study requirements, the researcher used the descriptive method in the survey. In this study, the sample of the research was selected in a deliberate manner from the football players in the open stadiums in Qalyubia Governorate. Total 1054 players were included in the study. A questionnaire form designed by the researcher to identify the impact of real effects of tramadol on high rates of sports injuries among amateur football players. From the results, it is concluded that, there is a relationship between tramadol intake and the occurrence of sports injuries among amateur football players.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Deficiency in vitamin D and calcium and the associated comorbidities in overweight children****Ellie Wright**

Southwest College of Naturopathic Medicine, USA

Obesity is increasing in epidemic proportion around the world with most concern for health issues among children. Vitamin D (25OHD) deficiency is reported worldwide. Low 25OHD levels are associated with dyslipidemia and insulin resistance with increased risk of cardiovascular complication in adulthood. Studies suggest that a low vitamin D which is linked to dysregulation of white adipose tissue and that calcium influences adipocyte metabolism. Dietary calcium has been also shown to increase fecal fat excretion. Deficiency of vitamin D in children is linked with further comorbidities in life such as hypertension, myocardial infarction and stroke, as well as other cardiovascular-related diseases, such as diabetes associated with impairment of cooperative signaling from the 1,25-(OH)₂D(3)-activated vitamin D receptor (VDR). Vitamin D and calcium insufficiency causes cellular dysfunction in many organs and could increase the risk of diseases, particularly of osteoporosis, colorectal and breast cancer, inflammatory bowel disease, insulin-dependent diabetes mellitus type-1, metabolic syndrome, diabetes mellitus type-2, hypertensive and cardiovascular disease. This research focuses on the mechanisms by which calcium and vitamin D could help regulate body weight and might be able to prevent comorbidities in overweight children.

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Obesity and weight management: Is fat in fact our friend?

Greg Dennis
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As a wave of new research came out in the 1960's and 1970's, we learned a new truth that would go on to become our altered reality. Animal fats are bad! Fat makes us fat! But was this new truth a genuine and transparent sharing of real information or a collation of intentionally corrupted data? Hidden agendas were most definitely pushed onto medical and health professionals, through to politicians and eventually the US Senate, where our dietary choices were changed and our recommendations recalculated. Real information was compiled but ulterior motives shaped the way in which it was used. Our desire to change habits was stimulated by equal doses of fear and greed. The fear at our end is we were misled to believe in dangers to our health and wellbeing that did not exist and greed at the other end of the market, driven by ginormous corporations who stood to enjoy massive financial windfalls. On the back of the famous '7 Country Study', Dr. Ancel Keys lobbied and successfully spearheaded the formulation and implementation of our modern day food pyramid through government channels and eventually across the medical and education platforms! For the first time in documented human history, we were recommended to drastically reduce our intake of meats, eggs and dairy products and increase our consumption of cereals and grains and sugars! Most frightening of all was the removal of good animal fats from our daily staples, to be conveniently replaced with sugars especially high fructose corn syrup at an alarming rate. What have we witnessed on a global scale in the developed world since that fateful point in human history? An obesity epidemic and man-made degenerative diseases like type-2 diabetes, non-alcoholic fatty liver disease, hypotension, cardio vascular and heart disease and Cancers of plague proportions, just to name a few! As a generational Dairy Farmer, I've watched this unfold closely. Despite the many research programs today exposing and discrediting the 'Fat Is Bad' myth, it is taking many years for mainstream medicine and the general population to separate fact from fiction! Today there is no question that animal fats are critical to a human's physical and mental wellbeing and longevity, yet massive roadblocks remain as the Greedy Corporations who stand to have billions dollars swiped from their bottom line and will continue to circulate propaganda as they cling desperately to the obscene wealth they've created at the little people's expense.

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Southern women's health initiative: Past, present and future

Joe Malone

Middle Tennessee State University, USA

Women's life expectancies throughout the south have been declining since 1983. In 2009 for example, the women in 58% of Tennessee counties lived shorter lives than previously. Additionally, the southeast is known as the stroke belt of the U.S. after enduring for generations' prevalence rates on average at least 10% higher than the rest of the country. This is thought to be linked to past girls and young women's malnutrition as far back as the Civil War and following which may have precipitated the related ensuing famine conditions. The participants in this program will take what they have learned home to their sisters, moms, aunts and grandmas and change the existing life expectancy trajectory and stroke risk in a positive direction through family education. Experts in the health care field have predicted that if present trends continue, over 2/3rds of today's American college-age women will be obese by the time they are in their 40s. Research also shows that the time period from age 18-29 and especially for college students is the time of greatest percentage of body fat gained over their entire lifetimes. We will instead empower them with more self-confidence and get our college women on a healthy pathway that will last them a lifetime and avoid this disastrous societal outcome. This improved fitness and overall wellness of our young mothers-to-be will improve offspring health. The average age of giving birth for the first time is 25.1, which is not that far off for most of our college grads. Fetal programming, the biological epigenetic mechanism by which the baby's and eventually adult offspring's health is affected over their entire lifetime by conditions in the womb has been discovered only recently by science. This profound insight will finally give us an effective and comparatively economic strategy for controlling chronic disease in future generations.

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Perceived beneficial aspects of specific aerobic exercise modalities

Julie A Larsen

Washington State University, USA

Statement of the Problem: Exercise has repeatedly been demonstrated to provide physical, as well as psychological benefits to participants. Regular participation in aerobic exercise increases cardiorespiratory fitness, which decreases risk of developing many chronic diseases. Aerobic exercise can also decrease stress, reduce depression and enhance quality of life. Despite all these benefits, minimal research has been done to determine which exercise modality is preferred by most participants.

Methodology: Two quasi-experiments were conducted to determine exercise modality preference, particularly among middle-aged women. Participants were assigned to floor/step aerobics (FSA) classes or treadmill walking (TMW) classes. They were asked to rate their satisfaction with their assigned exercise modality mid-way through and following the intervention.

Findings: There were no statistically significant differences between group in total scores, indicating that women in one exercise group were not more satisfied with their modality than were those in the other group, overall. In the first study, TMW participants rated their enjoyment non-significantly higher than did FSA participants, but results were reversed in the second study. While mixed results made it impossible to identify a superior exercise modality based on participant enjoyment, there were logical patterns of preference for certain aspects of each modality.

Conclusion & Significance: In general, specific exercise modality recommendations (between floor/step aerobics and treadmill walking) for women do not need to be made, due to there being no significantly preferred modality, but women who desire certain exercise benefits should be encouraged to pursue a relevant exercise modality.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**A qualitative exploration of goal threat perceptions and basic psychological needs among dieters****Kori L Propst**
The Diet Doc, USA

The majority of individuals who lose weight will gain it back within five years. Emotional, cognitive, behavioral and motivational risk factors exist for weight loss relapse. The meta-theory of Basic Psychological Needs, drawn from Self-Determination Theory, appears to offer the most comprehensive of explanations for the lack of self-regulatory behaviors that contribute to weight loss recidivism. This theory provided a foundation for interpreting how the basic motivational needs of autonomy, competence and connectedness relate to the experiences of dieters' perceived threats to their weight-related goals. A qualitative multiple-case study inquiry was conducted with online semi-structured email interviews among a purposive sample of nine participants who were overweight or obese, had been dieting over the last five years, or who maintained a 10% loss for three years or longer. Data collected included emotional regulation strategies, expressions of emotion, behaviors, motivational influences and perceptions to explore the factors influencing goal congruent behavior. Online weight loss forum text was collected to compare the experiences of dieters engaging in structured online support with those of the interview participants. Participants experienced emotional threats most frequently. All indicated emotion they felt incompetent to manage effectively, which led to a continuum of overeating and subsequent reductions in competence and persistence. All threats connected most frequently to competence, mediated by increased relatedness. Participants indicated wide variation in use and solicitation of support, influencing satisfaction of all three needs. Results indicate the importance of targeting contextual knowledge and exploration of the needs to enhance self-awareness, threat adaptability and motivation within technically and adaptively oriented situations. Themes revealed nuanced needs-threatening and satisfying processes. The data may indicate that dieters taking deliberate actions toward needs-satisfying behaviors may perceive goal threats will less intensity, leading to enhanced self-regulation and motivation.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Knowledge, attitude and practice of life style modification in the management of hypertension****Md Zahid Hasan Khan**

Nothorn University, Bangladesh

Hypertension remains as one of the most important public health challenges worldwide because of the associated morbidity, mortality and the cost to the society. Despite the availability of safe and effective antihypertensive medications and the existence of clear treatment guidelines, hypertension is still inadequately controlled in a large proportion of patients worldwide. Unawareness of lifestyle modifications and failure to apply these were one of the identified patient-related barriers to blood pressure control. This cross sectional study was conducted to assess knowledge, attitude and practice of life style modification in the management of hypertension among 100 conveniently selected study subjects. Average age of the patients was 36.96 ± 13.04 years. More than half of the respondents (56%) passed SSC level of education. Almost 99% of the study subjects knew that smoking is associated with hypertension. About 94% respondent told excessive salt intake is bad for health. Almost all of them knew that excessive salt intake results high blood pressure. About 93% told that physical exercise has effect on blood pressure. Three-fourth of the study subjects told that physical exercise decrease cholesterol. About 40% took part physical exercise regularly. The study found levels of knowledge on non-drug control of hypertension was quite good but practice level was poor.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Nanosized soy phytosome-based thermogel formulation for treatment of obesity, characterization and *in vivo* evaluation**Nermeen Magdy¹, Shahira F El-Menshawe², Adel A Ali² and Mohamed A Rabeh³¹Nahda University, Egypt²Beni-Suef University, Egypt³Cairo University, Egypt

Obesity has become an increasing problem over recent years. Nano lipo-vesicles hydrogels of soy saponin were formulated and evaluated in an attempt to reduce the size of adipose tissue cells through percutaneous absorption. Phytosome formulations were prepared with four different techniques: Solvent evaporation, anti-solvent precipitation, co-solvency and mechanical dispersion. Best formulae was selected by the means of the highest entrapment efficiency, minimum particle size and maximum drug release and then evaluated for successful complex formation by means of FTIR. Particles zeta potential was detected and particles shape was evaluated using TEM to insure particles spherical shape. Selected phytosome formulae was involved into selected hydrogel formulae after evaluation of different plain hydrogel formulations for its clarity, homogeneity, pH, gel transforming temperature and viscosity study. The obtained phytosomal hydrogel formulae were then re-evaluated for its clarity, homogeneity, pH and gel transforming temperature and for its rheology behavior and permeation study. *In vivo* study was done to ensure anti-obesity effect of soy phytosomal hydrogel. Concisely, soy phytosomal hydrogel was found to have the ability to reduce the size of adipose tissue cells in male albino rats.

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Iran University of Medical Sciences, Iran

Fat reduction methods have been popular over recent decade. Cryolipolysis and cavitation are one of the popular methods. We evaluated two groups of overweight or obese people (BMI 25-35) via a RCT. The people in the control group (17 subjects) received exercise therapy (200 kcal energy expenditure per day, 5 days a week) and diet (BMR+200 kcal per day for each person). The people in the intervention group (17 subjects) received exercise and diet same as the control group plus combination of cryolipolysis and cavitation. They got two sessions of cryolipolysis in the abdomen and flanks at the beginning and the end of study. Three sessions of cavitation were used every 2 weeks in the same area between the cryolipolysis sessions. The outcomes were anthropometric parameters like weight, body fat percentage, waist to hip ratio, etc. Two months after intervention, there is not any significant difference between two groups statistically (P value>0.05).

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Static and dynamic postural assessment: Bridging the gap between theory and practice

Patrick Bejjani

International Fitness Professionals Association, USA

Problem Statement: With the revolution witnessed nowadays in the fields of functional and high intensity training and the increase of clients' interest in losing weight and getting quick results, we see people jump into such programs after completing their membership application, whether for the first time, or after a layover period. Looking at statistics, we realize that the percentage of injury is increasing and that many clients discontinue their workout, because of injuries or lack of results. Postural correction works on placing the body in its optimal position for a better force production and a more efficient power output and quality of movement. This session will show you techniques that proved to be efficient in helping improve posture either in a static position, or dynamically while performing functional movements. We will go through assessment techniques to identify tight, inhibited and weak muscles, then move on to a practical application thanks to flexibility, resistance and activation exercises that will help improve posture.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Metabolic syndrome and abdominal adiposity: Update for physical education professionals****Lana Claudia Silva**

Exercício Físico Clínico, Brazil

Metabolic Syndrome (MS) is the result of a set of risk factors for cardiovascular diseases, the main ones being central obesity, arterial hypertension and abnormalities in glucose and lipid metabolism. As obesity in the world has taken center stage, it can be concluded that adipose tissue is one of the components of the pathogenesis of MS, which demonstrates the importance of the distribution of body fat, especially visceral fat. As one of the fastest growing risk factors in prevalence and severity, in addition to a negative aesthetic question, obesity should now be a public health priority. Due to its complexity, it includes clinical, epidemiological and psychosocial aspects, requiring a broad and multidisciplinary approach. Experimental and human studies also prove that obesity is a risk factor capable of causing an increase in blood pressure levels. There is evidence of the participation of insulin resistance and hyperinsulinemia, although prospective, long-term studies are not yet available that can assure it. Insulin resistance is particularly associated with the abdominal distribution of body fat. It is believed that the high cardiovascular risk attributed to intra-abdominal adiposity is related to the development of the metabolic syndrome, in which obesity and AH are involved, among others. This work had as main objective to define and describe the Metabolic Syndrome, as well as its causal factors, consequences and treatment. The methodology used was a systematic review of the literature from databases indexed in Lilacs, Bireme, Medline and others. Metabolic Syndrome can be defined as a chronic-degenerative metabolic disease, characterized by the association between insulin resistance, systemic arterial hypertension, dyslipidemia, type 2 diabetes mellitus (DM2) and other metabolic abnormalities. And, therefore, it is important that the Physical Education professional knows about this disease and the health problems caused by it in order to provide a better physiological condition and health.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Technology assessment of non-invasive methods in obesity: LPG, cavitation and ultra-counter****Reza Moeineddin**

Shahid Beheshti University of Medical Sciences, Iran

This purpose of this study is to determine the evidences related to the safety, effectiveness and economic outcomes of L.P.G., ultra counter and cavitation, non-invasive methods that use ultrasound waves to destroy fat tissue to create desirable body composition and fitness. The study was performed according to quick method of evaluation. Considering the inaccessibility to the second type of studies including systematic review, health technology assessment or economy evaluation that directly examine LPG, ultra-counter and cavitation technology, this study is solely based on systematic review of reliable and valid existing databases and clinical trials. In addition, based on the total cost, the expenses of presenting health services in private part were estimated. Based on the results of seven studies including 414 individuals in clinical trials designed to reduce local fat and limb size by using the aforementioned technology, an average decrease of 4 cm in fat tissues size was reported. Based on economic calculations, the cost of treatment in every session of L.P.G, ultra-counter and cavitation with mean time of 30 minutes (in private sector) was 3459700 riyals (100 US \$) in Tehran. Considering the complete course of treatment for each person for meeting the effectiveness index and 4 cm reduction in fat tissue after 6 sessions of intervention with an interval at least 7-10 days would cost a total of 20758200 riyals (600 US \$). It may be concluded that employing sets that their mechanism rely on using ultrasound wave does not induce serious complication and if it is followed by proper time interval it will be safe.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Clinical outcome measures for monitoring physical function in pediatric obesity: An integrative review****Ryan Mahaffey**

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Measuring physical function in children with obesity is important to provide targets for clinical intervention to reduce impairments and increase participation in activities. The objective of this integrative review was to evaluate measurement properties of performance-based measures of physical function in children with overweight and obesity. An integrative review of literature published between January 1990 to February 2014 in Cochrane Reviews, SPORTDISCUS, CINAHL, PLoS, Medline and Scopus was conducted. The consensus-based standards for the selection of health status measurement instruments (COSMIN) were utilized to determine validity, reliability and responsiveness to evaluate the methodological quality of studies on measurement properties. Twenty-eight (28) studies were eligible and represented 66 performance-based measures of physical function. Assessments of repeatability and feasibility were not conducted in the majority of performance measures reported; only 6-min-timed walk (6MTW) was examined for test-retest repeatability. Measures of flexibility, strength, aerobic performance, anaerobic performance, coordination and balance demonstrated construct validity and responsiveness; however, findings were inconsistent across all performance-based measures. Multi-item tests of physical function demonstrated acceptable construct validity and responsiveness; however, internal consistency was not determined. There is moderate evidence that 6MTW is suitable for the measurement of physical function in children with obesity. However, evidence is low for the use of aerobic and anaerobic performance, muscle strength, Movement Assessment Battery for Children and Bruininks-Oseretsky Test of Motor Proficiency multi-item performance instruments and very low for flexibility, coordination and balance tests. Based on this review, measurement of physical function using 6MTW is recommended.

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Serum leptin levels are strongly associated with body fat mass but not with cardio-metabolic risk factors or insulin resistance with androgen deficiency in georgian study

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Objective: Metabolic syndrome and obesity is a chronic disease that concerns over a billion people all over the world. Adipose tissue is a place of synthesis of several metabolically active proteins, called adipokines. One of such adipokines is – leptin. The aim of present study is to find correlation between leptin and risk factors of cardio-metabolic disease and androgen deficiency.

Materials & Methods: The case-control study was conducted in a group of Georgian people. A total of 186 participants aged 20-70 were included for the study. The subjects who were overweight or obese were enrolled in the study group, whereas the subjects with normal weight were enrolled in the control group. The control group consisted of 20 subject with normal weight. In both groups following measurements were done: assessment of height, weight, BMI, waist circumference, blood pressure. Venous blood sample was obtained for plasma leptin, insulin, glucose and lipid profile analysis. The risk of cardio-vascular disease was calculated according the Framingham heart risk calculator. Body fat distribution was measured using Dual energy X-ray Absorbtiometer. Statistical analyses were performed using the SPSS 19.0 software package (SPSS, Inc., Chicago, IL).

Results: Our study revealed that there was a correlation between serum leptin and antropometric characteristics in the whole study population, but when the population was divided into groups the correlation was lost. The positive correlation was with every region of the body in whole study population and in patients with obesity I and II degree. The correlation was not seen in patients with normal weight, over weight and morbidly obese patients. The correlation between leptin and cardio-metabolic risk factors was not detected.

Conclusion: In our study Serum leptin levels are dependent mostly on body fat percentage and body fat mass. Serum leptin levels did not associate with cardio-metabolic risk factors.

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