

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

Scientific Tracks & Abstracts

Day 1

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Childhood obesity

Horia Al Mawlawi

Prince Sultan Military Medical City , Riyadh, KSA

Childhood obesity is a major public health crisis nationally and internationally. The prevalence of childhood obesity has increased since few years in all pediatric age group in both sexes. Approximately 22 million children below 5 years of age overweight across the world. The number of overweight children and adolescents has doubled in last 2 to 3 decades in the world. World Health Organization on childhood obesity found that 41 million children below 5 years of age either obese or overweight as of 2014. However more than 90% of cases are idiopathic and less than 10% are associated with hormonal or genetic causes. The idiopathic mainly caused by imbalance between calorie intake and calories utilized. High calorie density and fat content of modern diet and lack of physical activity is associated with increased risk of obesity. Physical, psychological and social health problems are caused due to child health obesity. Comorbidities associated with obesity and overweight are similar in children as in adult population elevated blood pressure, dyslipidemia and high prevalence insulin resistance and type-2 diabetes appear as frequent complication in the overweight and obese pediatric population. Approaches in the prevention and treatment of childhood overweight and obesity are urgently required including first healthy diet and physical activity, when lifestyle modification is insufficient to reach weight loss and complication of obesity affect child health, pharmacotherapy is recommended if age more than 10 years. Bariatric surgery is reserved for carefully selected sub group of young children with obesity related co-morbid condition threaten the child health where lifestyle and medication have been evaluated but found not to be effective.

Biography

Horia Al Mawlawi has completed her Graduation and Post-graduation from King Abdulaziz University. She is currently working in Prince Sultan Military Medical City, Jeddah as an Instructor.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Implementing an education program in elementary schools to improve healthy food choices****Tonia L Mailow**

Murray State University, USA

Childhood obesity is a major concern in the United States. Research suggests that nutrition education is needed to improve the knowledge of children about healthy nutrition choices. The need for clarity of lifestyle behaviors and education of children is vital and must be addressed. The purpose of this project was to provide an educational program specific to healthy food choices to elementary school teachers for implementation in the classroom and to increase the knowledge of elementary school teachers about reading food label and selecting healthier choices. Results of this project support the need for education on healthy food choices and reading food labels. Pre-and-post t-tests were conducted on mean scores to measure nutritional knowledge. An increase in scores suggested that the use of nutrition education can be successful in improving the knowledge of teachers about how to make healthy food choices and read food labels.

Biography

Tonia L Mailow has completed her DNP from Eastern Kentucky University, USA. She is currently working as an Assistant Professor at Murray State University, School of Nursing in Murray, Kentucky. She teaches Nursing Assessment and Lab, Coordinates Adult Health Clinical and is Simulation Lab Coordinator. She serves on many committees in the School of Nursing as well as the University level. She has been a Nurse since the mid 90's and in education for 10 years.

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The reliability and validity of DISQ® equipment on ventilatory parameters and caloric cost at treadmill test in healthy subjects

Alexandre Evangelista and Danilo Bocalini
Universidade Nove de Julho, Brazil

Introduction & Aim: Recent studies have shown that traditional exercise training may not be considered the faithful strategy to maximize caloric expenditure or enhance cardiorespiratory adaptations in several modalities of physical activities, especially running. Thus, different equipment has been built as alternative strategies, such as DISQ® equipment. However, there is a lack of physiological responses information about this equipment. In order to clarify it, the purpose of this study is to compare physiologic responses in a cardiorespiratory exercise test with DISQ® equipment.

Methodology & Theoretical Orientation: Fifteen (15) healthy subjects were voluntarily randomized and submitted to two maximal treadmill incremental cardiopulmonary exercise test with (Disq case) and without (control case) DISQ® equipment. The following parameters were evaluated by heart rate (HR), anaerobic threshold (An), respiratory compensation point (RCP) and exercise peak (EP): Ox (oxygen consumption: VO₂ (L.min) and VO₂ (ml.kg.min⁻¹)) and CE (CHO, fat and total caloric expenditure-TCE).

Findings: No differences ($p>0.05$) were found on An, PCR and EP respectively to HR. In the Ox, no differences were found on An and PCR of Disq-case in comparison to control-case. However, the EP was different in the Ox. Finally, there was no difference between the two conditions in CE from CHO, fat and total caloric expenditure.

Conclusions: The maximal heart rate and oxygen consumption did not differ with the equipment. Some rational explanation for this can be addressed to higher peripheral fatigability induced by the equipment.

Biography

Alexandre Evangelista is graduated in Physical Education and completed his PhD in Science. He has expertise in Sports Training and Exercise Physiology and teaches Physical Education and disciplines of Bodybuilding and Personalized Training at Universidade Nove de Julho in Brazil. He is a Member of the study group on Physical Activity and Health Promotion and Biodynamics of the exercise applied to sport, health and human performance, both at Universidade São Judas Tadeu, Brazil. He is the author of six books about functional training and street racing. He also lectures throughout Brazil and other South American countries on Load Control Training, Weight Loss and Health.

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Physical activity and well-being: An exploration of the mental and physical benefits achievable through dance

Sharon Phelan

Institute of Technology in Tralee, Ireland

This paper explores the dance process as a means through which mental and fitness can be improved. Initially, the paper defines the interconnections between the body and the mind during the dance process. It challenges Descartes notion of Cartesian dualism; there the body and the mind are viewed as separate entities. Instead, the paper identifies where the dancer's mind and body become fused as they dances. Ultimately, at this point the dancer becomes the dance and it is during this transcendental state, that the dancer's mental and physical fitness are challenged in congruence. The paper moves on to addresses the physical benefits of dance. The approach will be twofold. Firstly, the paper will identify where regular dance sessions can develop components of fitness - cardio-respiratory fitness, muscular fitness and flexibility. In addition, sample dance types, which are particularly useful in the improvement of specific components of fitness, are identified. Finally, the paper outlines the mental benefits of dance. It focuses on dance as a form of self-expression and emotional release. It explores dance as a means through which a person's self-confidence and self-esteem can be improved. It explores the social benefits of dance and it examines where dance can be used as a tool through which a person's cultural identity can be identified and affirmed.

Biography

Sharon Phelan lectures in Physical Education and Dance at the Institute of Technology, in Tralee, Co. Kerry, Ireland. She has danced with Siamsa Tire, the National Folk Theatre of Ireland, for over 25 years and she is a National Facilitator in Dance with the Department of Education. She was responsible for the first dance syllabus at second level in Ireland and she has also published internationally on dance, from educational, artistic and cultural perspectives. In 2014, her book, '*Dance in Ireland: Steps, Stages and Stories*' was published by Cambridge Scholars Press. Her current areas of interest include supervision of dance research at masters and at doctoral levels and the use of distance learning in dance in third level. She is also completing another book, which focuses on dance-in-education from an all-inclusive perspective.

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Neurophysiology laws on fitness

Jose Palomar Lever

P-DTR Global, Switzerland

It is generally accepted that the pursuit of fitness through exercise is a great way to improve health generally. It also improves cardiovascular endurance and maintains strength and flexibility. However, we frequently experience various problems while training. The P-DTR concept of Neurological Health provides answers to all of these questions and offers a practical, very safe and effective solution to improve performance and avoid injury. The core principles of P-DTR are based on neurophysiology laws. CNS mainly gathers information from our sensory receptors. Everything that we can see, hear, touch, taste and feel together with all of the information from our muscles, ligaments, joints and tendons is conveyed through these receptors. Our response to the world would be 90% reflexive; all of our movements are constantly controlled by our central nervous system. Each type of receptor is stimulated and when the threshold for that receptor has been exceeded by the amount of stimuli, the stimuli are converted into electrical impulses. These electrical impulses form the afferent information that reaches the CNS with each type of input being relayed along their respective pathways. The CNS receives this information, interprets it and carries out a motor (muscle contraction or inhibition), endocrine (glands secretion), vegetative (redness of the skin, for example), or cognitive response based on the synthesis of all of the information that it has received. The central tenant of P-DTR is to recognize that if the sensory receptor signal entering the CNS is in itself for any reason dysfunctional, then the brain has no option but to provide for a dysfunctional output with a compensation mechanism and that means some reflexes will be inhibited or over facilitated, which will result in a skeletomuscular imbalance. Visually, we can observe it in bad posture, bad gait, limited range of motions and incapability of performing certain movements.

Conclusion: Any sports activity at any level of intensity could be traumatic if the CNS is not properly organized. The optimal functioning of the CNS provides for optimal movements and healthy performance. Knowledge of the CNS assessment as well as its function and correction is vital in the fitness and exercise industry if injury is to be avoided and a high level of performance is to be achieved. Professional sports trainers and rehab specialists should be able to correctly assess and treat the priority cause of the problem to provide their clients with efficient sports activities.

Biography

Jose Palomar Lever is the founder and creator of P-DTR - a unique neurological method of treating functional diseases. He began his medical school education at the age of 17 at the Autonomous University of Guadalajara, received his training in Orthopedic Surgery and Traumatology at the Central Military Hospital and at the age of 24 performed his first orthopedic surgery. Pursuing his interest in what he now refers to as the "software" of the human body, Dr. Palomar became a Diplomat in Applied Kinesiology from the International College of Applied Kinesiology and received the organization's Alan Beardall Memorial Award for Research. Today, in addition to pursuing an ongoing research program, Dr. Palomar conducts regular trainings in Proprioceptive – Deep Tendon Reflex (P-DTR) for medical practitioners in America and Europe, while continuing to practice medicine from his home base in Guadalajara.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Sliding self-locking first stitch and Aberdeen knots in suture reinforcement with omentoplasty of the laparoscopic gastric sleeve staple line-A video presentation****Aniceto Baltasar, Serra C and Bou R**
Alcoy Hospital, Spain

Bleeding and leaks, related to the long gastric staple line, are the most feared complications after LSG reinforcement of the staple line can be done with different buttressing materials and also performing a running suture of the staple line. In our hospital we routinely prevent bleeding and leaks at the gastric sleeve with the use of a reinforcing running suture with omentoplasty of the whole length of the gastric staple-line. We have used an sliding self-locking 1st stitch and finish it with the Aberdeen-DeCushieri knot in more than 1450 cases in SG plus omentoplasty on the staple-line full antrectomy, omentoplasty plus suture reinforcement of the staple-line prevent twisting of the sleeve, bleeding and may decrease the leak rate.

Biography

IFSO 2002-3 President; 2011 ASMBS Outstanding Achievement Finalist; SECO (Sociedad Española de Cirugía de la obesidad) Spanish Bariatric Society Founder

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Can psychobiotics intake modulate psychological profile and body composition of women affected by normal weight obese syndrome and obesity? An interventional study

Antonino De Lorenzo

University of Rome Tor Vergata, Italy

Background & Aim: Evidence of probiotics effects on gut function, brain activity and emotional behavior were provided. Probiotics can have dramatic effects on behavior through the microbiome-gut-brain axis, through vagus nerve. We investigated whether chronic probiotic intake could modulate psychological state, eating behavior and body composition of normal weight obese (NWO) and preobese-obese (PreOB/OB) compared to normal weight lean women (NWL).

Methods: The 60 women were enrolled. At baseline and after three-week of a probiotic oral suspension (POS) intake, all subjects underwent to evaluation of body composition by anthropometry and dual X-ray absorptiometry (DXA) and psychological profile assessment by self-report questionnaires (i.e., EDI-2, SCL90R and BUT). Statistical analysis was carried out using paired t test or a non-parametric Wilcoxon test to evaluate differences between baseline and after POS, one-way ANOVA to compare all three groups and where applicable, Chi square or t-test were used to assess symptoms.

Results: Of the 48 women that concluded the study, 24% were NWO, 26% were NWL and 50% were PreOB/OB. Significant differences in body composition were highlighted among groups both at baseline and after POS (respectively $p < 0.05$ and $p < 0.001$). After POS, a significant reduction of weight, body mass index (BMI), hip and waist circumference, intracellular water (ICW) (L), total body water percentage (TBW%) and total body fat (TBFat%) ($p < 0.001$) was observed in all subjects. After POS, reduction of TBFat, bacterial overgrowth syndrome ($p < 0.05$) and lower psychopathological scores ($p < 0.05$) were observed in NWO and PreOB/OB. Significant improvement of the orocecal transit time were observed ($p < 0.001$) after POS. Furthermore, significant differences were observed for meteorism ($p < 0.001$) and number of defecation ($p < 0.001$).

Conclusion: Three-week intake of selected psychobiotics modulates body composition, bacterial contamination, psychopathological scores of NWO and PreOB/OB. Further researches are needed on larger population and for longer period of treatment before definitive conclusions.

Biography

Antonino De Lorenzo is a Specialist in Gastroenterology and Digestive Endoscopy. He is a Full Professor of Human Nutrition and Director of the School of Specialization in Food Science at the University of Roma "Tor Vergata", where he is also the Director of the PhD Research in Applied Medical-Surgical Sciences and Director of the Unit Service of Clinical Nutrition and Parenteral Therapy Anorexia Nervosa at University Hospital of Rome Tor Vergata. During his long research and studies on body composition, he discovered the Normal Weight Obese Syndrome. He holds positions of scientific responsibility for national and international research projects and is a Member of several scientific societies. He is the author of over 200 articles in international journals with peer revision in PubMed.

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The triangle of shame-dieting-overeating in internal family systems (IFS) therapy: Teaching patients how to understand and change their thinking patterns around eating behaviors

Betsy Thurston

Dietician and Eating Disorder Clinician, USA

IFS therapy originated by Richard Schwartz, PhD, provides a framework for patients to learn how to change their eating behaviors by recognizing and working with thought patterns. In the course of nutritional counseling sessions, typical behavior habits that can easily derail health goals are identified and categorized in terms of thought forms called "parts" that have specific helpful functions in the psyche. This model groups the parts into three primary categories that form the points in the triangle: Exiles that hold painful emotions, managers that prevent emotions from surfacing and firefighters that suppress the experience of feeling these painful emotions in the event that they flare up. The goal of this treatment modality is to help the patient identify puzzling and sabotaging behaviors, to recognize that the behaviors always function with the goal of protecting the psyche and to learn how to develop a healing and productive relationship between the patient and the parts. The exile thought forms generally manifests as a feeling of not being enough, either in terms of physical appearance or general feelings of unworthiness or unlovability. Because the psyche needs to avoid connecting with exiles it creates managing parts to take over and distract instead. These protective or managing parts might take any number of forms, including the dieter, the critic, the perfectionist, the good girl or even anger or denial. When these protective parts get too invasive in the mind they often create enormous stress, which in turn will activate separate thought forms to combat the stress. This third category, the firefighter, is like an extreme protector to the psyche, acting impulsively and recklessly. When a patient is fully merged with a firefighter part they might eat compulsively or mindlessly. The deep emotional drive to numb stressful emotions will almost always trump the logical goal of restricting calories or of weight loss, as these goals do not mitigate the brain's immediate need to suppress danger. In the triangle, the exiled parts, the protective parts and the firefighting parts all feed into one other, creating a trap which is hard to exit. As neurons that fire together wire together, behaviors tend to lock into habits that are difficult to understand or to break. The goal of IFS therapy in my nutritional counseling sessions is to help patients identify and constructively work with the thoughts/parts that come into play when they are not able to successfully follow meal plans or practical nutrition guidelines. By recognizing that there is space between thought and action, patients can begin to work with their parts for healing and for improved results when given weight loss guidelines.

Biography

Betsy Thurston is a Registered Dietitian with a Master's degree in Public Health Nutrition and a private nutritional counseling practice in Marietta, Georgia. She has completed her education at Cornell University, the University of North Carolina at Chapel Hill and the Institute for Integrative Nutrition. She has been a Registered Dietitian since 1986.

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A comparison of two types of resistance exercises, machine weight versus elastic band exercises, on glucose and insulin responses in postmenopausal women

H George Philippi
Radford University, USA

Limited research has looked into the acute effects of exercise on insulin/glucose metabolism by comparing machine weight and elastic band resistance exercises. The purpose of this study was to compare two forms of resistance exercise, machine weight versus elastic band exercise, for effects on glucose and insulin responses in postmenopausal women. Ten healthy, normoglycemic (fasting glucose: 85.6 ± 5.3 mg/dL), sedentary postmenopausal women completed the study (57 ± 8.3 years). Each participant performed three trials, one using machine weight exercises, one using elastic band exercises and a rest trial. The resistance exercise trials were conducted in circuit fashion for three sets and were comprised of 10 total exercises. Eight of ten exercises were with resistance for upper and lower body, while the remaining two exercises were unloaded core exercises. Each exercise set consisted of 12-15 repetitions. Dietary intake was recorded for three days prior to each trial and analyzed. After an overnight fast, an oral glucose challenge was performed 18–24 hours after the two exercise and one rest trials. No main-effect for trial (MWRE, ELBRE, Rest) were observed on insulin, C-peptide or glucose compared to rest ($p > 0.05$); no main effect differences between insulin, C-peptide and glucose area under the curve ($p > 0.05$); no main effect difference for trial on the Cederholm insulin sensitivity index ($p > 0.05$); and no main effect for trial by 3-day or 1-day macronutrient intake (all $p > 0.05$). Resistance exercises utilizing both machine weight and elastic band had comparable (no) effect on insulin, C-peptide and glucose metabolism after an acute bout for these particular healthy, sedentary, postmenopausal women. The practical application for elastic band resistance exercises, from this study, are questionable compared to more traditional resistance exercises for possibly altering insulin, C-peptide and glucose responses.

Biography

H George Philippi is currently working as an Assistant Professor of Health and Exercise Science, Radford University, Radford. He did his education: BS of Physical Education from UNT (formerly NTSU) (1983), MA of Human Performance from New Mexico Highlands University (1991) and PhD TWU Exercise Physiology in Kinesiology Department (2017). He has worked as a Personal Trainer, Strength Coach and Educator. He worked with athletes from many different sports (football, soccer, track and field, tennis, swimming, martial arts, baseball, rugby, boxing, volleyball, softball, basketball, hockey, runners, power lifters and Olympic lifters). His areas of interest lie in the utilization of resistance exercise for the prevention and/or betterment of pre-diabetes, better known as metabolic syndrome and the use of novel training implements/methodologies for improving strength, power, flexibility and mobility at all stages of our lifespan.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Obesity leads to iron retention in the duodenum of mice likely due to increased production of adipose-derived hepcidin****Shougang Wei, Wanshan Zhang, Chen Wang and Yanqiang Cao**
Capital Medical University, China

Obese people and animals have higher rates of iron deficiency (ID) than their normal weight peers. It was still uncertain whether obesity-related ID is a true or functional deficiency of iron. This study was to determine the effects and the possible underlying mechanisms of obesity on duodenal iron absorption and liver iron accumulation. C57BL/6J mice were randomly divided into high-fat diet-induced obese (DIO) group and normal control (NC) group to be fed respectively for 16 weeks. Oral iron absorption was tested by measuring serum iron, liver iron and the retained duodenal iron 90 min after intragastric administration of 57 FeSO₄ solution. The protein expression levels of iron transporters in duodenum and liver were evaluated by Western blotting. Hepcidin mRNA levels in the liver and adipose tissues were quantified by real-time RT-PCR. The results showed that DIO mice had significantly higher iron retention in the duodenum, lower iron concentration in plasma and liver than NC mice. The protein expression levels of ferroportin-1 (Fpn1) in duodenum and transferrin receptor-2 (TfR2) in the liver were markedly decreased in DIO mice. Hepcidin mRNA levels in visceral adipose tissue but not in the liver were higher in DIO mice than NC mice. In conclusion, obesity-related ID may attributed to impaired intestinal iron absorption of which iron being retained in the duodenal enterocytes, not to that iron being accumulated in the liver. Increased expression of visceral adipose hepcidin probably is the immediate cause for the malabsorption of iron in obesity by inducing reduction of the duodenal Fpn1.

Biography

Shougang Wei serves as professor, Ph.D. supervisor and deputy director at the Department of Children's and Women's Health, School of Public Health, Capital Medical University, Peking, China. Mr. Wei has been engaged in the study of child and adolescent health, mainly focused on the field of childhood obesity about its health risks, pathogenic factors and preventive and treatment measures.

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Study of the relationship between abdominal obesity and microalbuminuria in elderly

Amira H Mahmoud

Ain shams university ,Egypt

Background: Obesity increases the risk for variety of diseases which in turn, decreases the overall lifespan in both men and women. Though the cardiovascular risks of obesity are widely acknowledged, less often identified is the relationship between obesity and renal function.

Aim: To study the relationship between abdominal obesity and micro-albuminuria in elderly subjects.

Methods: A cross sectional study was conducted on 200 elderly subjects, aged ≥ 60 years. Subjects were recruited from both Geriatrics and Gerontology department and Internal medicine at Ain Shams University hospital, Cairo, Egypt. All patients had anthropometric measurements done including weight, height, body mass index, waist circumference, hip circumference and waist hip ratio, also assessment of blood pressure and albumin/creatinine ratio in urine.

Results: Mean age of participants was 74.96 ± 5.603 years. Mean waist circumference in whole sample measured 96.78 ± 16.85 , mean hip circumference was 106.31 ± 19.24 , mean waist hip ratio measured 0.91 ± 0.09 and mean body mass index was 27.83 ± 9.8 . All of waist circumference, waist hip ratio, systolic blood pressure, hypertension, diabetes mellitus, ischemic heart disease, renal disease were significantly related to micro-albuminuria. Also, fasting blood sugar, serum triglycerides and renal functions were related to micro-albuminuria, meanwhile on multivariate analysis abdominal obesity as measured by waist hip ratio was the strongest variable correlated with micro-albuminuria in elderly subjects in the whole sample.

Conclusion: Abdominal obesity is strongly associated with micro-albuminuria in Egyptian elderly.

Biography

Amira Hanafy Mahmoud has completed his PhD 2011 from Ain shams university in Egypt and was upgraded to th position of Associate professor of geriatric medicine in same university, published about 10 papers in reputed journals.currently working in KSA as a Geriatric consultant.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Intraoperative, early and late complications of laparoscopic sleeve gastrectomy****Rohit Kumar**

International Modern Hospital, UAE

Laparoscopic sleeve gastrectomy (LSG) is gaining acceptance among bariatric surgeons as a viable option for treating morbidly obese patients. This study describes results of a single surgeon's experience with LSG, its intra-operative, early and late complications and their management. The author retrospectively reviewed the data of patients who underwent LSG from 2006 to 2015. Patients underwent LSG as a primary procedure or as revisional bariatric surgery. The short-term morbidity and mortality were examined. All patients entering our practice, requesting bariatric surgery, were offered three procedure options: Laparoscopic gastric bypass, adjustable gastric banding and LSG. After a one-on-one consultation with the surgeon, the patients made an informed decision to undergo LSG and an informed consent was obtained. All patients were required to undergo a psychological screening, routine labs, electrocardiogram, upper gastrointestinal X-rays, pulmonary function studies and a medical evaluation. All patients were scheduled for LSG as a primary definitive procedure. All patients received intravenous antibiotics, subcutaneous unfractionated heparin and sequential compression devices preoperatively. One-stage LSG was performed. The major complications were late leakage after 4 weeks with hemorrhaging. Two patients required reoperation and one patient was treated conservatively. Furthermore, one patient had complete dysphagia and was treated conservatively. Moreover, one patient who had an injury to the lower esophagus was re-operated, intra-operatively. One patient had mesenteric injury; another patient had an NG tube stapled, while a third patient's GE junction blew up because the balloon was inflated while doing the leak test. In addition, the serosal layer of 10 patients came off while firing the first stapler. However, in spite of the presence of many such complications, only one case was aborted. In conclusion, LSG is a relatively safe surgical option for weight loss as a primary procedure.

Biography

Rohit Kumar has a vast experience in the fields of bariatric, gastrointestinal and general surgery. He is currently working at International Modern Hospital Dubai, UAE. He has undergone training in Laparoscopic Bariatric Surgery at Sir Ganga Ram Hospital, Advanced Laparoscopic Training in Greece and has done a Fellowship in Hepatobiliary and Pancreatic Surgery in Japan. He has, amongst his patients, a host of dignitaries, leaders and foreign nationals. His areas of clinical interests include laparoscopic adjustable gastric banding, laparoscopic sleeve gastrectomy and laparoscopic Roux-en-Y gastric bypass, lap cholecystectomy, laparoscopic appendix, laparoscopic hiatal hernia, laparoscopic splenectomy, laparoscopic nephrectomy, laparoscopic colectomy, laparoscopic low anterior resection, laparoscopic gastrectomy, hepato-biliary and pancreatic surgery, laparoscopic inguinal hernia repaired and laparoscopic esophagectomy. His special interests lie in minimal access bariatric surgery and gastrointestinal surgery.

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Cultivating health equity in California's San Joaquin valley

Genoveva Islas
Cultiva La Salud,USA

California's San Joaquin Valley is the backdrop for Cultiva La Salud; six representative low-income Latino communities are focus sites for intervention including Turlock, Ceres, Southeast Fresno, Orange Cove, Southeast Bakersfield and Arvin. The primary purpose of Cultiva La Salud is to reduce the experience of health disparities among Latinos in the targeted communities through interventions that address poor nutrition and physical inactivity. To prevent chronic disease and promote health equity, Central Valley communities need population-based strategies that create greater access to healthy foods and beverages and promote physical activity. Cultiva La Salud has promoted equity and actualized opportunities to cultivate healthier communities by engaging residents in planning, implementation and evaluation processes, building their capacity to be advocates for change and encouraging their collective voice and influence for action. To further ensconce equity as an outcome Cultiva La Salud has connected interventions with opportunities for economic development and civic engagement; these two areas help to address the vulnerability experienced in the targeted communities related to poverty and power imbalances. Cultiva La Salud is designed with the belief that equity will be achieved in California's San Joaquin Valley when every Latino has the opportunity to attain his or her full health potential and they are not disadvantaged from achieving their potential because of social position or circumstance.

Biography

Genoveva Islas has earned her Bachelors of Science in Health Science with an emphasis in Community Health from California State University, Fresno and received a Masters in Public Health degree in Health Education and promotion from Loma Linda University. She is the Program Director of Cultiva La Salud. Cultiva is dedicated to creating healthier communities in the San Joaquin Valley by fostering policies, systems and environmental improvements to allow for greater access to healthy foods/beverages and increased opportunities for physical activity. She is a recognized Culture of Health Leader by the Robert Wood Johnson Foundation.

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**Daehan Kim***Essential Kinetics, Canada***Anticipation and adaptation-Theory and implication of internal model**

During the past decade, many schools of thoughts regarding human movement have blossomed and shaped various clinical practices and fitness training systems. Now we are getting into an exciting era in which these schools of thoughts are combined to serve the unified goal of helping people truly enjoy and control the variability of human systems. In the center of this trend, there exists a huge advancement of sensorimotor neuroscience unlocking the mechanisms underlying plasticity of human nervous system. In this presentation, Internal Model, a dominating theory of human motor adaptation, will be discussed as well as the ways we can translate this knowledge into practice.

Biography

Daehan Kim has been serving his role as a Clinical Kinesiologist in Canada for 6 years helping people with injuries and pain achieve both rehabilitation and various activity goals. His areas of expertise include biomechanical assessment, exercise-based treatment to enhance motor learning and coordinating interdisciplinary teams for complex cases. He is passionate about bridging the gap between rehabilitation training and strength conditioning by applying evolving knowledge of Kinesiology and Pain Sciences. He earned his Master's Degree in Kinesiology from University of Saskatchewan in 2012 after graduating from Arizona State University with his Bachelor's degree in Kinesiology in 2009. He has published peer-reviewed research articles in the field of biomechanics and human motor control. He presented his work in various scientific and fitness conferences including American College of Sports Medicine, National Strength and Conditioning Association and Canadian Society for Biomechanics. He is currently a research collaborator at Simon Fraser University (SFU) Pain Studies Lab investigating the effect of Virtual Reality games on improving persistent pain. Prior to this, he also worked as a research collaborator at SFU Sensorimotor Neuroscience Lab and Oregon Research institute investigating supra-spinal mechanism of human motor learning and effect of exercise on symptoms of Parkinson's Disease. Being a clinical product consultant for E-treat Medical Diagnostics, Inc., he helps developing mobile-based self-management tools for people with chronic conditions.

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17TH WORLD FITNESS EXPO

November 13-15, 2017 | Atlanta, USA



Jose Palomar Lever

P-DTR Global, Switzerland

The demonstration of how people can improve their results and endurance while exercising after a small intervention with P-DTR

Treatments are available for all areas of the body including back, neck, shoulders, knees, feet etc. Whatever the cause of the problem be it from an accident, from sport, work, gardening, hobby, posture or just the rolling on of the years, a P-DTR practitioner will offer a full assessment of your body and nervous system to ensure that you move through life at optimal neurological health. These are the most common problems we treat and there are many more. If you don't see your problem from the list of treatments above or if you are unsure if P-DTR would be right for you, please contact us or one of our practitioners for more information about your specific case. P-DTR can also help prevent problems for which we also offer the following services: Regular and sports footwear assessments, General biomechanical assessment, Running assessments, Postural education and strengthening program, Balance and proprioception training program.

Biography

Doctor Jose Palomar Lever is the founder and creator of P-DTR - a unique neurological method of treating functional diseases. He began his medical school education at the age of 17 at the Autonomous University of Guadalajara, received his training in Orthopedic Surgery and Traumatology at the Central Military Hospital and at the age of 24 performed his first orthopedic surgery. Pursuing his interest in what he now refers to as the "software" of the human body, Dr. Palomar became a Diplomate in Applied Kinesiology from the International College of Applied Kinesiology and received the organization's Alan Beardall Memorial Award for Research. Today, in addition to pursuing an ongoing research program, Dr. Palomar conducts regular trainings in Proprioceptive – Deep Tendon Reflex (P-DTR) for medical practitioners in America and Europe, while continuing to practice medicine from his home base in Guadalajara.

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The impact of a structured balance training program on older adults

Chris King

Graceland University, USA

Introduction: Falls in the elderly are one of the leading causes of death and morbidity in the elderly. Those who have health issues, prior fall history, as well as other pertinent medical issues or physical impairments pose an even greater risk of falls. The greater the degree of fall risk increases potential of experiencing a fall or multiple falls, which poses a safety at risk. A literature review and an experiment conducted for this research topic provides insight into fall prevention in the elderly. The experiment for this research explores the impact of a structured balance training program with the elderly.

Methods: Randomly selected individuals were identified to participate in the study, half of which were randomly selected to participate in a structured balance and strength training program. Individuals participated in a variety of pre- and post-assessments on their fall risk. Results of the study data were analyzed using a one-way ANOVA to determine its success and validity.

Results: It was found that a structured balance training program in the experimental group affected the balance performance in the elderly and lowered their fall-risk in comparison to those who were in the control group. Subjects in the experimental group reported feeling more confident and strong with increased ability to perform more complex tasks for a longer duration. Participants in the control group did not demonstrate measureable or significant increases in performance.

Conclusion: The results of this study suggest that intervention focused on increasing subject balance ability, lowering fall-risk and influencing feelings of confidence could improve quality-of-life and may reduce falls in the elderly. This topic should be researched further with larger experimental and control groups to gain more insight into the effects of fall prevention intervention programs in the elderly.

Biography

Chris King has expertise in health and fitness with a passion for improving health, knowledge and well-being for all. His education includes his MS in Health, Physical Education and Recreation from Emporia State University, BS in Education from Northwest Missouri State University and various coursework from the University of Iowa, Southwestern Community College and Iowa Western Community College. He works as an instructor of health and movement sciences at Graceland University, adjunct-instructor at Southwestern Community College, certified personal training for Catholic Health Initiatives and a licensed emergency medical technician. His knowledge and research is based upon his expertise in this wide set of technical fields. Application of this knowledge and skill enables him to educate and empower whomever he comes into contact, with a goal of improving their overall quality of life.

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Short term result of laparoscopic sleeve gastrectomy

Rohit Kumar

International Modern Hospital, UAE

Laparoscopic sleeve gastrectomy (LSG) is gaining acceptance among bariatric surgeons as a viable option for treating morbidly obese patients. We describe results of a single surgeon's experience with LSG, its intra-operative, early and late complications and their management. We retrospectively reviewed the data of patients who underwent LSG from 2006 to 2015. Patients underwent LSG as a primary procedure or as revisional bariatric surgery. The short-term morbidity and mortality were examined. All patients entering our practice, requesting bariatric surgery, were offered three procedure options: Laparoscopic gastric bypass, adjustable gastric banding and LSG. After a one-on-one consultation with the surgeon, the patients made an informed decision to undergo LSG and an informed consent was obtained. All patients were required to undergo a psychological screening, routine labs, electrocardiogram, upper gastrointestinal X-rays, pulmonary function studies and a medical evaluation. All patients were scheduled for LSG as a primary definitive procedure. All patients received intravenous antibiotics, subcutaneous unfractionated heparin and sequential compression devices preoperatively. One-stage LSG was performed. The major complications were late leakage after 4 weeks with hemorrhaging. Two patients required reoperation and one patient was treated conservatively. Furthermore, one patient had complete Dysphagia and was treated conservatively. Moreover, one patient who had an injury to the lower esophagus was re-operated, intra-operatively. One patient had mesenteric injury; another patient had an NG tube stapled, while a third patient's GE junction blew up because the balloon was inflated while doing the leak test. In addition, the serosal layer of 10 patients came off while firing the first stapler. However, in spite of the presence of many such complications, only one case was aborted. In conclusion, LSG is a relatively safe surgical option for weight loss as a primary procedure.

Biography

Rohit Kumar has a vast experience in the fields of bariatric, gastrointestinal and general surgery. He is currently working at International Modern Hospital Dubai, UAE. He has undergone training in Laparoscopic Bariatric Surgery at Sir Ganga Ram Hospital, Advanced Laparoscopic Training in Greece and has done a Fellowship in Hepatobiliary and Pancreatic Surgery in Japan. He has, amongst his patients, a host of dignitaries, leaders and foreign nationals. His areas of clinical interests include laparoscopic adjustable gastric banding, laparoscopic sleeve gastrectomy and laparoscopic Roux-en-Y gastric bypass, lap cholecystectomy, laparoscopic appendix, laparoscopic hiatal hernia, laparoscopic splenectomy, laparoscopic nephrectomy, laparoscopic colectomy, laparoscopic low anterior resection, laparoscopic gastrectomy, hepato-biliary and pancreatic surgery, laparoscopic inguinal hernia repaired and laparoscopic esophagectomy. His special interests lie in minimal access bariatric surgery and gastrointestinal surgery.

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Nutrition and supplementation for optimal performance

Alex Jamal

Fitness Specialist, USA

For any individual to get the best results right nutrition is curial, with nutrition comes an important part which is supplementation. The world of dietary supplements has grown drastically in the last couple of years and will continue to grow. That's due to many aspects one of them is scientific research and improving results from supplements. Average people do not know enough basic nutrition. In my presentation, I will address these issues and sharing more nutritional insights and nutritional tips. How is our food divided after digestion? Is better for anyone? Should we be taking vitamins in extra amounts? People eat random food and most of them seek to be healthy with the least effort. Is there a way to do that! Most wants to know the shortcut and ask for a magic pill, our job is to make the picture clear and direct them toward the right path. The world of dietary supplements is huge, are we indeed of all these supplements. Do all supplements work? Providing scientific proof and sharing experience of supplement usage along with results on my clients and friends. Finally the presentation involves sharing the author's personal experience about nutrition and supplementation for optimal performance.

Biography

Alex is a certified Personal Fitness Trainer and Strength and Conditioning Coach. He is a Nutritionist, a world-class competitor, a men's physique international competitor, an international fitness model, an elite athlete trainer and a published author. He always had a passion for sports and has been an athlete all of my life which has led me to dedicate myself to fitness and health. He believes in hard work and education. He trains top celebrities, elite athletes and professional and successful business men and women. He has competed in the world's most prestigious competitions. He has been published on covers of books, magazines, newspapers and has been on numerous television and radio shows. He always believes that a man can achieve what he aspires to as long as he has no barriers, the right mindset and tunnel vision.

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Ramesh Ghimire

Atlanta Regional Commission, USA

Green space and adult obesity in the U.S.

This paper analyzes the relationship between green space and body mass index (BMI) in the U.S. We find that accounting for the heterogeneity of green space matters: BMI is significantly lower in counties with larger forestland per-capita, but not in those more abundant in rangeland, pastureland or cropland. This is after controlling for state-specific heterogeneity, a range of environmental and natural amenities, including the presence of state parks, proximity to national parks and outdoor recreation resources in the county, all of which have the expected negative correlation with BMI. Hence, the findings suggest that forests, public recreation lands, along with publicly available outdoor recreation resources can be valuable resources to help reduce obesity and associated public health problems.

Biography

Ramesh Ghimire is an economist at Atlanta Regional Commission. He has a Ph.D. in Environmental and Natural Resource Economics from the University of Georgia, USA and a M.S. in Development and Natural Resource Economics from the University of Life Sciences, Norway. He has published nearly 20 research papers in highly respected international peer reviewed journals, such as Ecological Economics, Journal of Agricultural and Resource Economics, Environment and Development Economics, World Development and Water Resources Research. Dr. Ghimire is interested in understanding how natural resources and amenities help improve public health, human well-being and overall quality of human life.

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Christopher Fuzy

Lifestyle Nutrition Inc, USA

How implement a lifestyle nutrition metabolic weight loss & counseling program specific for your clinical philosophy and patient demographic

Statement of the Problem: Traditional approaches to nutritional counseling to instruct patients have typically incorporated generic pharmaceutical diet sheets and generic meal plans which can be overwhelming, too restrictive and have poor patient compliance. The prevalence of hyperlipidemias, insulin resistance, weight gain, obesity, pre-diabetes, fatigue, CAD arthritis and cancer are negatively impacted by a poor diet. 2 As practitioners we are faced with contradictory research, nutritional counseling is typically time consuming and it can be difficult to determine the best approach to instruct patients with long term effectiveness that incorporates lifestyle, metabolism 3, body composition, activity level, food preferences, behavior modification and not just exclusively rely on medications, hormones, meal replacements and/or diet supplements.

Methodology & Theoretical Orientation: A step by step approach to introducing or elevating a lifestyle nutrition metabolic counseling program for you community demographic fossible with healthy real food. This approach along with exercise has helped decrease insulin resistance, hyperlipidemias, fatigue and diabetes, cardiac and cancer risk factors and significantly decreases hunger, appetite and fatigue. Patients are motivated to incorporate lifestyle modifications and respect a Non-dieting approach to weight loss and disease management and prevention. Clients are substantially more motivated and receptive to learn how to properly balance their blood sugars rather than just counting calories or dieting

Conclusion & Significance: 4. Customizing a low glycemic nutritional program specific for your patients, food preferences, lifestyle and metabolism improves patient compliance, improved satiety, metabolism and decreases incidence for relapse and weight gain 5, 6. Lifestyle Nutrition Metabolic Counseling Programs, market well within communities and are less costly to patients and more profitable for their owners.

Biography

Christopher Fuzy, MS, RD, LD is the Founder and President of Lifestyle Nutrition Inc. and PhysicianWellnessProgram.com (for Doctors), AboutMyDiet.com (For Patients) has a Master's Degree in Clinical & Sports Nutrition, undergraduate degrees in Dietetics and Chemistry from Florida State University and currently has private nutritional counseling offices in Ft. Lauderdale and Boca Raton, FL. Over the past 27 years, he has trained over 900 physicians nationwide in the implementation of his Lifestyle Nutrition Metabolic Counseling Program®. Mr. Fuzy was Chief Clinical Nutritionist at Plantation General Hospital before starting his company in 1990.

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Tradition of physical training and fitness

Paramvir Singh

Punjabi University, India

Life needs an activity or the activity as if it symbolizes or recognizes existence of life. Physical activity, physical training and physical fitness all deals with same biological structure of human beings but behave differently for health, for competition and for peak performance. The tradition behind these subjects came across a long- path of evolution behind which objectives of optimization, competence and perfection have been taken-up and also achieved. The difference among different populations and ethnic groups about these traditions has been formalized according to the need and geography of different regions of earth. In ancient times the aims and objectives have been differently managed and in present time the similar aims and objectives have been differently modernized. Interestingly scholars and trainers modulate various formulations to achieve the specialized concerns of higher perfections. Talking about contents of activity, fitness and training the health components viz. Body composition, flexibility, strength etc. Fitness components viz. endurance, speed, power etc. and training perfection components viz. balance, co-ordination, reaction time etc. have been highlighted and different perfection peaks have been achieved. After the onset of industrialization and more specifically discovery of sophisticated techniques, has reduced the mechanical work burden on the human body. The resultant of which emerged as a health hazard with multi-facet and multi-organ problems like diabetes, obesity, hypokinetic diseases and many severe pathologies which slowly damages the human body evenly and evolutionary. The need of the hour is to re-establish the tradition of activity, fitness and training among the masses instead of only sportive population. In this regard physical activity and training should be pronounced through the traditional wisdom variants at various places, so that the beauty of ethnic traditional wisdom of activity, training and preservation of human health and competitive concerns is maintained.

Biography

Paramvir Singh was born in 1972, currently serves as a Professor (Faculty of Medicine) under Dept. of Sports Science in Punjabi University Patiala, Punjab. He is the President of National Health Fitness Association; also member of Punjab Academy of Sciences & Indian Science Congress.

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&**17TH WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**A systematic review of school factors associated with long-term obesity outcomes in youth****Janelle Barrera Ikan and Heewon L. Gray**
University of South Florida, USA

Childhood obesity is a growing public health concern because overweight/obese youth are more likely to become severely obese in adulthood, especially racial/ethnic minorities and higher BMI is associated with increased risks for cardiovascular diseases, diabetes and many forms of cancer in adulthood. How school factors play a role in obesity development has not been well-documented. The objective of this study was to conduct a systematic review examining the current evidence on the longitudinal associations between cultural and contextual school factors and children's obesity outcomes in school setting. The search was performed on PubMed, EMBASE, CINHALL and PsycINFO and the following key terms were applied: 1) Overweight or obesity or obese, 2) School factors, 3) Longitudinal. All articles written in English and published from 1991 to present and studies with school-aged children to adulthood were included. Titles, abstracts and reference lists were manually reviewed to identify and verify relevant articles. Seven articles were identified and used for the final systematic review process. Parent education, school environment such as school lunch and minutes of recess, type of school, mean socio-economic status, locality (urban, suburban, or rural) and parental involvement as an indicator of school quality were reported as significant school-level factors associated with obesity status/trajectory in youth. In conclusion, school factors examined in previous studies were mostly demographic characteristics or physical environment. Findings of this review indicate that there has been a limited research examining long-term influence of school culture or contextual factors associated with obesity. A summary table will be presented.

Biography

Janelle Barrera Ikan is a current graduate student at the College of Public Health at the University of South Florida with a concentration of Maternal and Child Health. She plans to pursue her PhD in Behavioral Health after graduation. She has also been working with Moffitt Healthy Kidz Program, educating the youth cancer prevention methods, such as nutrition, the dangers of tobacco and the importance of sun safety and physical activity. Her research interest include cancer prevention, behavioral interventions for child and adolescent, health education, cancer health disparities, community based research, program implementation and evaluation and child and health development.

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Association of sedentary behavior and mental health among young adults

Nizar Abdul Majeed Kutty

University Tunku Abdul Rahman, Malaysia

Sedentary behavior contributes to adverse physical health outcomes in youth. Although evidence for the relationship between sedentary behavior and mental health outcomes is emerging, little is known regarding risk of psychological distress and low self-esteem. The purpose of this study was to investigate the association of sedentary behavior with psychological distress and self-esteem in a well-characterized young adult population after controlling for a wide range of potential confounders. We adopted a cross-sectional study design. A sample of 352 participants, 208 (59.1%) females and 144 (40.9%) males responded to a survey. Participants were recruited from University Tunku Abdul Rahman, Malaysia. Sedentary behavior of the participants was determined by Sedentary Behavior Questionnaire. Kessler Psychological Distress Scale and Rosenberg Self-Esteem Scale were used to measure psychological distress and global self-esteem respectively. Analysis of sedentary behavior demonstrated that participants have high sedentary times. The highest sedentary behavior engaged by the participants was doing paperwork or computer work, followed by sitting, listening to music and sitting and talk on a phone. Participants spent least time playing musical instruments. Multi regression analysis was performed to determine the level of significance. Sedentary behavior showed a statistically significant association with psychological distress and self-esteem. Sedentary behavior can lead to mental health problems in young adults. These findings have a number of important implications for policy and practice. They highlight the need to ensure that young people have appropriate and timely access to evidence based services and interventions across the continuum. Further longitudinal or interventional research is needed to confirm findings and determine the direction of these relationships.

Biography

Nizar Abdul Majeed Kutty is Senior Lecturer in Department of Physiotherapy at University Tunku Abdul Rahman, Malaysia. His commitment to teaching excellence earned him accolades during his tenure at UTAR. His research interest spans a variety of topics in sedentary behavior, physical activity, multi-sensory reweighting, core stabilization training and diabetic neuropathy. He also takes great interest in utility of a variety of cutting-edge technologies like motion-based video game systems for rehabilitation. He has presented his research findings at international conferences and published articles in prolific journals. He serves as an Associate Editor and Reviewer of high end academic journals from United States and as Scientific Committee Member of international conferences.

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Comparison of body mass index of female patients between 18-65 and comparison of food consumption indices of female patients between 25-30 and 30-40 who applied to a nutrition and diet polyclinic of a private hospital

Hulya Demir

Yeditepe University, Turkey

The body mass index (BMI) of female patients between the ages of 18 and 65 who applied to a Nutrition and Diet Polyclinic of a Private Hospital and the dietary quality of female patients between the ages of 25-30 and 30-40 were compared using the Healthy Eating Index-2010 version (HEI-2010). This study was conducted on a total of 80 patients, 39 patients with a BMI of 25-30 and 41 patients with a BMI of 30-40. Food intake was measured by a general questionnaire and 24-hour retrospective recall and the diet was assessed by means of HEI averages. There was a positive correlation between grain composition and nutritional diversity and total HEI score. The HEI-2010 sustain several features of the 2005 version:(1) it has 12 components, including 9 adequacy and 3 moderation component; (2) it uses per 1000 calories or a percent of calories; (3) it make use of least-restrictive standarts.Changes to index include: (1)Greens and Beans replaces Dark Green and Orange Vegetables and Legumes;(2) Seafood and plant Proteins;(3) Fatty Acids, a ratio of poly-and mono-unsaturated to saturated fatty acids;(4) a moderation component, Refined Grains. There was a significant difference between the HEI groups according to their professions ($X^2=30.012$, $p<0.05$). 48.5% of the housewives were below 51 HEI, 51.5% were between 51-80 HEI; 66.7% of the public servants were under 51 HEI, 33.3% were between 51-80 HEI; 62.5% of the self-employed people were under 51 HEI, 37.5% were between 51-80 HEI; 40% of the retired people were under 51 HEI, 60% were between 51-80 HEI; 66.7% of the unemployed were between 51-80 HEI and 33.3% were over 80 HEI. 64.3% of the people with different professions participating in the study were under 51 HEI and 35% were between 51-80 HEI. When all of the professions were considered together, most of them, with 53.8%, were found to be below 51 HEI, 45% were between 51-80 HEI and 1.3% were over 80 HEI.

Biography

Hulya Demir is a Chemical Engineer and has completed his PhD from Ataturk University and postdoctoral studies from Ohio State University. She is working as a Faculty of Health Science. She has published more than 20 papers in reputed journals.

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