



2nd World Congress on

Public Health & Nutrition

March 22-23, 2017 | Rome, Italy

Scientific Tracks & Abstracts Day 1

Public Health 2017

Major Sessions:

Day 1 March 22, 2017

Public Health and Epidemiology | Community Nutrition | Disease Prevention | Food security

Session Chair

Luigi Montano

ASL Salerno | Italy

Session Co-Chair

Sandra Sikic

Andrija Stampar Teaching Institute of Public Health | Croatia

Session Introduction

Title: Engaging parents in school-based nutrition education interventions to encourage healthful eating and drinking behavior of children in low-income populations: A systematic review

Lyndall Warton | Menzies School of Health Research | Australia

Title: Importance of Nutrition in Low Homocysteine Levels

Eleni-Anna Karali | DEKAZ SA | Greece

Title: Adsorption of Food Dyes

Turkan Kopac | Bulent Ecevit University | Turkey

Title: Evaluating The Implementation Potential of A Transcultural Tool for Dietetic Counseling of Pregnant Tamil Women Living in Switzerland

Augustina Ewere Ayogbea | Bern University of Applied Sciences | Switzerland

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ENGAGING PARENTS IN SCHOOL-BASED NUTRITION EDUCATION INTERVENTIONS TO ENCOURAGE HEALTHFUL EATING AND DRINKING BEHAVIOR OF CHILDREN IN LOW-INCOME POPULATIONS: A SYSTEMATIC REVIEW

Lyndall Warton^a, Selma Liberato^a, Marilynne N Kirshbaum RN^b and Cate Burns^c^aMenzies School of Health Research, Australia^bCharles Darwin University, Australia^cCharles Sturt University, Australia

Statement of the Problem: The direct link between childhood obesity and poor nutrition is well documented. Research provides evidence that parents can have a significant influence on children's eating patterns. It is still unclear how and at what level family involvement yields the largest impact on children's behaviors. The purpose of this systematic review is to conduct a comprehensive analysis of school-based nutrition education studies undertaken with low-income populations to identify effective strategies to engage parents in school-based nutrition education interventions.

Method: In September and October 2016, relevant databases were systematically searched and 4672 references were retrieved. Titles and abstracts have been scanned independently by three review authors. Full-text copies of 223 of those articles deemed eligible for further review have been retrieved for closer examination. The diagram shows the number of articles identified in each step so far. Articles were included if: participants included school children aged 5 to 12 years old; were aimed at obesity prevention; had family or parent involvement, and the intervention included any health promotion activity including nutrition education or nutrition promotion programs by itself or combined with other interventions. Physical activity interventions without a nutrition component were excluded. Ninety-two reviews were also identified and their reference lists examined to identify relevant studies that may not have been captured in the initial search. Data will be extracted by one review author and verified by a second review author. Subgroup analysis will include: program duration; the degree of parental involvement; study design; theory base; age of the children; and obesity levels.

Significance: The systematic review will provide information on effective ways to engage parents in school-based nutrition education interventions to encourage healthful eating and drinking behaviors in low-income populations. This evidence may help to inform policy and practice to design effective obesity prevention initiatives.

Biography

Lyndall Warton is a Masters by Research student at the Menzies School of Health Research, Charles Darwin University. Following a ten year career as a registered nurse, Lyndall qualified as a librarian working in a variety of roles in libraries, research support and as a database manager. Her interest in health research stems from working in disability services, aged care, public health and working in the hospital environment with people with chronic medical conditions. Lyndall also worked as a health liaison librarian and is a volunteer member of the Top End Health Service Health Literacy Committee. She was also a sub-editor for the Health Libraries Australia 'News' and 'Alerts' publications.

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IMPORTANCE OF NUTRITION AND LOW HOMOCYSTEINE LEVELS

Karali Eleni Anna*
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Homocysteine level in the blood plasma is a risk factor and predictor of Alzheimer's Disease and Heart Disease. Homocysteine is a specific type of amino acid that's created in the body during metabolic processes, as opposed to consumed in food. It's produced in the body as a byproduct of methylation, the process of producing an essential protein called methionine. In healthy people, homocysteine is transformed into a benign product that keeps levels maintained, but when homocysteine isn't properly metabolized it builds up inside the body and acts similarly to a toxin. This causes inflammation to rise and creates more byproducts that cause changes in cardio vascular neurological and endocrine systems. There are natural and pharmacological treatments for those who suffer of high homocysteine levels. Homocysteine high levels are necessary to be controlled for a better life.

Biography

Eleni-Anna Karali is a research associate in private dermatological Polyclinic SKIN-BODY. She has also worked as Medical Officer of skin laser at private polyclinics, oversight and application of Laser treatments. In 2012, she has successfully acquiesced a certificate specialty in Dermatology-Venereology. She is a graduate of National School of Public Health and qualified hygienist.

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ADSORPTION OF FOOD DYES

Turkan Kopac*

*Bulent Ecevit University, Turkey

Statement of the Problem: Food dye is a member of food additive used for the purpose of changing the color of food so as to attract the consumers. Food dyes are widely used as colorants in food, drug and cosmetic industries, to produce many types of foods including drinks, juices, sweets, cosmetics and drugs. Types of food dyes can be classified as: natural colors, synthetic colors, and lakes and dyes. Dyes that contain an azo-structure can be reduced to aromatic amines by the intestinal microflora are reported to be carcinogenic. Such kind of dyes has also been reported to cause hyperactivity and urticaria in children, asthma, purpura and eczema. The additives used to change the color are required to be pre-approved by various organizations around the world and listed in the regulations as color additives before they can be used in food, drugs, cosmetics, and medical devices. Most countries have their own regulations and list of food colors that can be used in various applications. Natural dyes are unstable and easily undergo degradation during the food processing. The disposal of effluents containing dyes to the environment leads to the coloration, limitation of the reoxygenation capacity of water, decrease in photosynthetic activities in the aquatic system as a result of sunlight penetration decrease, chronic and acute toxicities. The purpose of this study is to describe the studies reported in the literature on the adsorptive removal of food dyes from aqueous solutions.

Methodology & Theoretical Orientation: Numerous conventional treatment techniques including precipitation, coagulation, oxidation membrane filtration, photodegradation and adsorption have been utilized for the removal of dyes from wastewaters. Particularly, adsorption process is considered to be an effective and economical procedure to remove dyes from industrial effluents. It can be applied in removing dyestuffs from industrial wastewaters.

Findings: The development of adsorbents from various sources, their comparison in terms of operating conditions and their adsorption capacities are reported. In the presentation, adsorption of food dyes from aqueous solutions, specific adsorbents developed, optimum conditions, adsorption capacities, isotherms, kinetics, thermodynamic analysis of adsorption are reviewed.

Conclusion & Significance: Medium pH, adsorbent dose, dye concentration, temperature are the important factors that influence the adsorption of dyes.

Biography

Turkan Kopac received her B.Sc and M.Sc degrees in Chemical Engineering from the Middle East Technical University, and Ph.D. in Chemical Engineering from Gazi University, Ankara, Turkey. She has her expertise in adsorption, adsorbent development/characterization, nanostructures, protein adsorption/surface interactions with nanomaterials, dye adsorption, activated carbon from coal, environmental applications, MOF structures, hydrogen storage, metan, carbondioxide absorption.

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EVALUATING THE IMPLEMENTATION POTENTIAL OF A TRANSCULTURAL TOOL FOR DIETETIC COUNSELING OF PREGNANT TAMIL WOMEN LIVING IN SWITZERLAND

Augustina Ewere Ayogbe^a, Marina Beyeler^a, Leila Sadeghi^a and Helena Jenzer^a^aBern University of Applied Sciences, Switzerland

Gestational diabetes mellitus is a condition that affects many pregnancies and ethnicity appears to be a risk factor. Data indicate that approximately 18% of the Tamil population is diagnosed with gestational diabetes, while the general prevalence worldwide is between 5 and 10%. Today, approximately 50,000 of Tamils live in Switzerland. To date there is no official available tool that considers the eating and physical habit of the migrant Tamil population living in Switzerland, while offering a quick overview of gestational diabetes and standard dietetics management procedures. The NutriGeD project led by Bern University of Applied Sciences in Switzerland aimed at closing the gap. A series of tools were developed to ease the consultation process, increase transcultural competence, sensitize nutritionists, dietitians, and other healthcare professionals to the special needs to Tamil population. The aim of the present study was to evaluate the implementation potential of this dietetic transcultural before its wide scale launch in Swiss hospitals, clinics and private practices. Method: A survey was developed online and the final version was distributed to 50 recruited healthcare professionals (dietitians, diabetic experts, medical doctors, midwives and nurses) from the German speaking region of Switzerland (response rate was approximately 32%). The transcultural tool was sent to participants together with the link to the online survey to evaluate the implementation potential of the tool and provide feed -back. Results: Data analysis is undergoing and so far, among 36 out of the 50 respondents, 97% are convinced of transcultural tool's potential and 94 % recommend its availability in healthcare settings. Conclusion: The study is still on going and more results are expected. Thus, far, the results are pointing towards a general interest for and approval of the tool among Swiss healthcare practitioners. If results are confirmed, this tool would offer a novel approach for optimized transcultural dietetics counseling and might be part of a promising strategy to be used in clinical practice. The developed materials will be made available for clinical visits, in hospital or private and further folders will be developed for other migrant groups following a similar approach.

Biography

Augustina Ewere Ayogbe completed her Masters of Science from the Bern University of applied sciences Switzerland specializing in Food, Nutrition and Health. She is a registered Dietitian and Nutritionist with the Dietitians Association of Nigeria. Currently, she is a research assistant in Bern University of Applied Sciences. She has also worked as a Head dietitian at Reddington Multi – specialist hospital Lagos Nigeria.

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Symposium Day 1

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HEALTHY DIET AND PHYSICAL ACTIVITY ARE CORRELATED WITH LOWER CHOLESTEROL LEVELS: RESULTS FROM THE MESE DEL CUORE 2016 SURVEY

Francesco Landi^a, Riccardo Calvani^a, Matteo Tosato^a, Anna Maria Martone^a, Elena Ortolani^a, Sara Salini^a, Anna Pica^a, Giulia Saveria^a, Marianna Broccatelli^a, Maria Elena Delia^a and Emanuele Marzetti^a

^aCatholic University of the Sacred Heart, Italy

Aim: Primary prevention is essential for reaching cardiovascular (CV) health. This is defined by seven ideal health metrics identified by the American Heart Association, with the cholesterol level as one of the major domains. The aims of the present study are to assess the prevalence of high cholesterol level and to evaluate how a healthy diet and physical activity correlates with cholesterol within a large unselected population.

Methods: All the 16.307 consecutive individuals (mean age 57.0±11.1 years; 48.4% women) who agreed to participate the Italian national campaign (Mese del Cuore, 2016) of CV prevention were included. The participants completed an online self-reported questionnaire created in the context of a CV health educational platform (www.viaggioalcuoredelproblema.it). The following health metrics have been considered: never/former smoker, regular physical activity (at least two hours per week), body mass index lower than 25.0 Kg/m², healthy diet (consumption of at least three portions of fruit and/or vegetables per day), cholesterol lower than 200mg/dl, diabetes absence and a blood pressure lower than 120/80mmHg.

Results: Participants presented, on average, 4.1±1.3 of the seven ideal CV health metrics (4.3±1.3 and 3.9±1.3 in women and men, respectively, p<0.001). Finally, in Figure 1 the synergistic effect of a healthy diet and physical activity on cholesterol levels is shown.

Conclusion: Prevalence of the seven CV health metrics was low in our population, in particular the uncontrolled cholesterol level. Social initiatives and awareness policies from health care agencies to improve the adherence to a healthy diet and physical activity programs are mandatory to promote CV health.

Biography

Francesco Landi is an Associate Professor of Internal Medicine (Catholic University of Rome, School of Medicine, Italy). He has the Ph.D. in Preventive Medicine. Main research interests are in geriatric assessment, nutritional problems, sarcopenia, health services for older and geriatric epidemiology. Landi serves on the Scientific Committee of Italian Geriatric Society, on the Editorial Board of international geriatric journals, and as a peer reviewer for medical journals. He has acted as the Principal Investigator in many multicenter national and international trials. Landi has over 250 peer-reviewed original papers, many of which are in the area of frailty and epidemiology.

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PREVALENCE OF MAJOR RISK FACTORS FOR CARDIOVASCULAR DISEASE AMONG COMMUNITY-DWELLERS ADULTS: RESULTS FROM THE “MESE DEL CUORE 2016 ONSITE” SURVEY

Emanuele Marzetti^a, Matteo Tosato^a, Anna Maria Martone^a, Elena Ortolani^a, Sara Salini^a, Anna Picca^a, Giulia Savera^a, Marianna Broccatelli^a, Maria Elena Delia^a and Francesco Landia

^aCatholic University of the Sacred Heart, Italy

Aim: Primary prevention is essential for reaching cardiovascular (CV) health. This is defined by seven ideal health metrics identified by the American Heart Association. The aim of the present study is to assess the prevalence and the distribution of these seven ideal CV health metrics within an unselected population.

Methods: All the 1206 consecutive individuals (mean age 58.8±14.1 years; 55.6% women) who agreed to be “face-to-face” screened at the outpatient clinic of Catholic University of Rome, within the context of a national campaign (Mese del Cuore, 2016) of CV prevention, were included (www.viaggioalcuoredelproblema.it). The following health metrics have been considered as an ideal: never/former smoker, regular physical activity (at least two hours per week), body mass index lower than 25.0 Kg/m², healthy diet (consumption of at least three portions of fruit and/or vegetables per day), cholesterol lower than 200mg/dl, diabetes absence and a blood pressure lower than 120/80mmHg.

Results: Participants presented, on average, 4.1±1.3 ideal CV health metrics (4.3±1.3 and 3.9±1.3 in women and men, respectively, p<0.001). Only 37.3% covered more than five ideal CV health metrics and 10.0% covered less than three ideal health metrics. Only 4.3% of the study population met all the seven ideal metrics. In particular, only 36.9% (431 subjects) presented normal cholesterol. The mean cholesterol levels were 206.7 mg/dl and 202.9 mg/dl in women and men, respectively (p=0.08). Interestingly, among those who thought to have normal cholesterol (n=492), 50% (n=246) had a cholesterol level more than 200mg/dl. Similarly, among those who did not know their cholesterol level (n=143), 55% (n=79) had an abnormal value. Finally, 451 subjects (37.4%) had not measured the cholesterol during the last year. Among these subjects, the mean cholesterol level was 203.5±32.3 mg/dl. The figure shows the percentages of normal and higher cholesterol among subjects who had not previously measured the cholesterol.

Conclusion: Prevalence of the seven CV health metrics was low in our population, in particular the uncontrolled cholesterol level. Social initiatives and awareness policies from health care agencies are mandated to promote CV health.

Biography

Emanuele Marzetti is a board certified Geriatrician and Clinical Assistant Professor in Geriatrics at the Teaching Hospital “Agostino Gemelli” (Rome, Italy). He has a Ph.D. degree in Geriatric Preventive Medicine. His research focuses on frailty and disability in older people. He has authored and co-authored over 150 scientific publications and serves as associate editor and editorial board member for several biomedical.

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Scientific Tracks & Abstracts Day 2

Public Health 2017

Major Sessions:

Day 2 March 23, 2017

Community Nutrition | Public Health and Obesity | Public Health and Genetics | Healthcare Quality | Food and Nutrition Policy

Session Chair

Francesco Landi

Catholic University of the Sacred Heart | Italy

Session Co-Chair

John-Jules Ch. Meyer

Utrecht University | Netherlands

Session Introduction

Title: Impact of Supplementation of Pearl Millet (*Pennisetum Typhoides*) Products on Anemia, Malnutrition and Psychological Attributes in School Age Children of Jodhpur, a Desert District of Rajasthan, India

Madhu B. Singh | Desert Medicine Research Centre (ICMR) | India

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IMPACT OF SUPPLEMENTATION OF PEARL MILLET (*Pennisetum typhoides*) PRODUCTS ON ANEMIA, MALNUTRITION AND PSYCHOLOGICAL ATTRIBUTES IN SCHOOL AGE CHILDREN OF JODHPUR, A DESERT DISTRICT OF RAJASTHAN, INDIA

Madhu B Singh^a and KS Premavalli^b^aDesert Medicine Research Centre (ICMR), India^bDFRL, India

Statement of the Problem: Anemia and malnutrition are burning problems in developing countries, especially in young children. In desert areas, children are in constant state of nutritional stress. The food-based approach needs promotion for reduction of anemia besides Iron supplementation strategy. Pearl millet is the staple diet of the desert area, which is also important dietary source of Iron and Zinc. With this aim, pearl millet products were prepared and supplemented to observe its impact on Anemia, Malnutrition and Psychological attributes in school age children.

Methodology: 311 School children of 6-11 years of Jodhpur tehsil were registered and examined for Socio-demography, nutritional deficiency signs, hemoglobin estimation, anthropometry, four Psychological Tests for IQ level, before and after supplementation of Pearl Millet products daily for 180 days.

Findings: Supplementation of pearl millet products reduced anemia (hemoglobin estimation), from 79.4 to 61.8%. The overall non-anemic children increased significantly from 20.6 to 38.2% ($p < 0.01$). Knox Cubes Test (Intelligence level and short term memory) revealed that supplementation increased the percentage of children (6.1%) in average IQ level. Digit Span Test points used for short term memory revealed that overall 68.7 percent children showed an increase in DST points scale after supplementation. SD classification for weight for age showed a decline of moderate malnutrition from 26.2 to 14.3%.

Conclusion & Significance: Significant increase in non-anemic children along with significant positive effect on malnutrition and on psychological tests performed on learning attributes in terms of memory, intelligence, and cognition after supplementation.

Recommendation: Pearl Millet products can be included, in ongoing national programs in arid areas.

Biography

Madhu B. Singh has her expertise in Micronutrient Deficiency Disorders and Nutrition & Growth. She is mainly involved for last 32 years in research work pertaining to different aspects mainly MDDs, Malnutrition, Nutrition Intervention and Dietary in the desert and non-desert parts of Rajasthan. She persuaded 30 research projects funded by various agencies of International and National repute namely, HarvestPlus, Wasington, DRDO, UNICEF and ICMR etc. Awarded WHO Fellowship for undergoing training in 'Food Safety and MDDs' at Institute of Nutrition, Mahidol University, Bangkok, Thailand. Adjudged for the first best paper award, Fellowship of Indian Public Health Association; Recognized as Ph.D. supervisor by JNV University and Life Member of 07 National professional societies and 10 Honors as well. She has Published 53 research papers in International/National journals. Delivered 50 research papers in 69 scientific conferences/workshops

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Young Researchers Forum

Public Health 2017

Young Researchers Forum

Session Introduction

Title: (W)holistic health: how community-based, indigenous policymaking approaches effectively meet public health needs

Cassandra J. Wajuntah | Johnson-Shoyama Graduate School of Public Policy | Canada

Title: Prevalence of overweight and obesity among the public and private primary school children (9-14 years) in Dhaka city in relation to their dietary habits and physical activities

Md. Tarek Hossain | James P Grant School of Public Health | Bangladesh

Title: MC4R polymorphism is associated with appetite and beverage intake in overweight and obese children: a family-based association study in Chinese population

Shuo Wang | Institute of Child and Adolescent Health Peking University | China

Title: Improving Food Supply Chains & Distribution For Household Food Security

Norah Nakachwa | Nakaseke Farmers & Agroprocessing Company | Uganda

Title: Factors Associated with Female Smoking at Selected Universities in Dhaka

Tanmoy Sana | Daffodil International University | Bangladesh

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(W)HOLISTIC HEALTH: HOW COMMUNITY-BASED, INDIGENOUS POLICYMAKING APPROACHES EFFECTIVELY MEET PUBLIC HEALTH NEEDS

Cassandra J Opikokew Wajuntaha*

*Johnson-Shoyama Graduate School of Public Policy, Canada

Since time immemorial, Indigenous peoples around the globe have had their own approaches, methodologies, and systems for administering healthcare in their communities based on their own conceptions of health and healthy living. Though it differed from community to community and there is no “pan-Indigenous” approach to healthcare, many Indigenous communities had policymaking processes in place that accounted for gender, age, citizenship, etc. Though Western colonial public health policymaking structures are in place in countries like Canada and the United States, these policies have repeatedly failed to improve the health outcomes of Indigenous people residing in those countries. However, through community-based health interventions built on traditional knowledge, some Indigenous groups have been able to influence the policy process and create their own mechanisms for delivering effective public healthcare to their populations, including the File Hills Qu’Appelle Tribal Council (FHQTC) who owns and operates the All Nations Healing Hospital in Canada, and the Papa Ola Lokahi created by the Native Hawaiians in the United States which provides healthcare and programming throughout the Hawaiian Islands. Using an Indigenous research methodology, this study examines how Indigenous approaches to public health better meet the needs of Indigenous people and hypothesizes about how these approaches could also provide best practices for the administration of public health in general.

Biography

Cassandra is currently a Ph.D. candidate studying Indigenous health and public policy at the Johnson-Shoyama Graduate School of Public Policy in Regina, SK Canada. She is the recipient of a national Canadian Institutes of Health Research (CIHR) Doctoral Research Award worth \$108,000 over three years for her dissertation entitled “The Indian Solution to the Policy Problem: Developing an Indigenous Policymaking Model to Address First Nations Health Disparities”. Cassandra is working with Indigenous health organizations in Saskatchewan and Hawaii to examine how self-determined Indigenous health policymaking models are more effective at improving the health of Indigenous people than Western colonial models.

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MC4R POLYMORPHISM IS ASSOCIATED WITH APPETITE AND BEVERAGE INTAKE IN OVERWEIGHT AND OBESE CHILDREN: A FAMILY-BASED ASSOCIATION STUDY IN CHINESE POPULATION

Wang S^a, Song J^a, Yang Y^a, Ma J^a and Wang H^a^aInstitute of Child and Adolescent Health Peking University, China

Background: Recent studies indicated that eating behaviors are under genetic influence, and the melanocortin 4 receptor (MC4R) gene polymorphisms can affect the total energy intake and the consumption of fat, protein and carbohydrates. Our study aims at investigating the association of the MC4R polymorphism with appetite and food intake among Chinese children.

Methods: A family-based association study was conducted among 151 Chinese trios whose offspring's were overweight/obese children aged 9-15 years. The MC4R rs12970134 polymorphism was genotyped, the Children Eating Behavior Questionnaire (CEBQ) and a self-designed questionnaire measuring food intake were performed. The FBAT and PBAT software packages were used.

Results: The family-based association analysis showed that there was a significant association between rs12970134 and obesity ($Z=2.449$, $P=0.014$). After adjusting for age, gender and standardized BMI, the MC4R rs12970134 polymorphism was significantly associated with food responsiveness (FR) among children ($\beta'=0.077$, $P=0.028$), and with satiety responsiveness (SR) in trios ($P=-0.026$). The polymorphism was associated with beverage intake ($\beta'=0.331$, $P<0.001$ in children; $P=0.043$ in trios), but not significantly associated with vegetable, fruit or meat intake ($P>0.050$). We further found a significant mediation effect among the MC4R polymorphism, FR and beverage intake ($b=0.177$, $P=0.047$).

Conclusions: Our study is the first to report that the MC4R rs12970134 polymorphism was associated with appetite and beverage intake, and food responsiveness could mediate the effect of rs12970134 on beverage intake in Chinese children population. Further studies are needed to uncover the genetic basis for eating behaviors, which could lead to develop and implement effective interventional strategies early in life.

Biography

Shuo Wang is majored in public health and pursuing her Ph.D. degree at Institute of Child and Adolescent Health at Peking University since 2013. She studies at University of Notre Dame as a joint Ph.D. student from Oct 2015 to Sep 2016. Her research focuses on the genetic risk factors of obesity in children and adolescents, including single nucleotide polymorphisms, gene-behavior interaction and DNA methylation. She has published more than 10 papers in reputed journals including PLoS One, Chinese Journal of Child Health Care and Chinese Journal of Epidemiology.

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PREVALENCE OF OVERWEIGHT AND OBESITY AMONG THE PUBLIC AND PRIVATE PRIMARY SCHOOL CHILDREN (9-14 YEARS) IN DHAKA CITY IN RELATION TO THEIR DIETARY HABITS AND PHYSICAL ACTIVITIES

Md Tarek Hossain^a and Sharmin Khan Luies^b^aBRAC University, Bangladesh^bInternational Centre for Diarrhoeal Disease Research, Bangladesh

Statement of the Problem: The rising trend of overweight and obesity has become one of the most prevalent nutritional problems in Bangladesh. The context of overweight and obesity has been underexplored, more so amongst younger age groups. The objective of this study was to find out the prevalence of childhood overweight and obesity in primary school children in Dhaka and determine its association with their dietary habits and physical activities.

Methodology & Theoretical Orientation: A cross-sectional exploratory study was conducted, involving 150 children aged 9-14 years by following simple random sampling technique drawn from purposively selected four primary schools (2 public, 2 private). Data were collected from children through face-to-face interviews using a pre-tested semi-structured questionnaire, ensuring approval from guardian and school authority. Overweight and obesity were defined based on the International Obesity Task Force BMI cut off-points. Data were analysed using SPSS, BMI (CDC) calculator, and Chi square (χ^2) test was done to determine the association.

Findings: It is found that the magnitude of overweight 32.0% (95% CI: 23.5-39.3) and obesity 20.7% (95% CI: 15.2-39.3) is very alarming. The rate was higher for children attending private schools; it is more prevalent among boys (38.8% and 32.7%) in private schools and among girls (35.7% and 17.9%) in public schools. Food preference to junk foods was significantly correlated with ($p=0.01$) overweight/obesity. Sex, age, watching television, playing video games was not associated but duration of playing in school is positively associated ($P=0.02$) with overweight and obesity. Parents' education was influential in development of overweight/obesity with the highest rate found among children who belong to parents with low level of education.

Conclusion & Significance: It was found that less active lifestyle with dietary habit was related to overweight/obesity among school children. Nutritional education in promoting healthy dietary practices and a variety of physically active recreational activities should be encouraged through family and school authorities.

Biography

Md. Tarek Hossain is a Social Researcher, having graduated from Jahangirnagar University with a BSS and MSS in Anthropology. Later he did Master in Public Health in Epidemiology from American International University-Bangladesh. Hossain is working as a Senior Research Associate for the Centre of Excellence for Universal Health Coverage (CoE-UHC) at the James P Grant School of Public Health, BRAC University. With over five years of experience, he has his expertise in research, evaluation, project management and passion in improving the health and wellbeing of the people. He is particularly interested in the field of health system, HRH, nutrition, NCDs, HIV/AIDS, climate change and adaptation.

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IMPROVING FOOD SUPPLY CHAINS & DISTRIBUTION FOR HOUSEHOLD FOOD SECURITY

Norah Nakachwa*

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Food insecurity continues to threaten households in low income countries. It is common and widespread among the absolute poor in middle income countries, and even in some rich countries. Even when hunger is avoided, families suffer from its threat. The entire society benefits when people feel their access to food is secure. Policies for food security should aim at attaining required food consumption levels and reducing the risk of the poor losing access to food. The food system is not only concerned with on-farm production, off-farm food processing and distribution of produce for sale, but also the selection and consumption of the food by the consumer including the effects of food on our health. Sustainable supply chain management is a topical area which continues to grow and evolve. Within supply chains, distribution from producers to customers plays a significant role in the overall performance of production supply chains. With consumer consciousness growing in the area of sustainable food supply, food distribution needs to embrace and adapt to improve its environmental performance, while still remaining economically competitive. With particular focus on the Organic food production, a robust solution approach is presented for the design of a capacitated distribution network. Uganda has probably one of the fastest growing organic certified lands in Africa. Examples of products grown organically include; Coffee, Dried & Fresh fruits (Pine apples, Bananas, Mangoes, Papaya, Passion fruits) Ginger, Vanilla, Cocoa, Honey etc. However, Organic production is retarded due to a number of factors mainly because, most farmers are smallholder based.

Biography

Norah is an Enrolled Student at the RMIT University, Melbourne, Australia. She will be commencing her studies in July 2017, on a 4 year programme, BSc, Food Technology and Nutrition. Norah is a team member of the the Nakaseke Farmers and Agroprocessing company which is affiliated to Namunkekeru Agroprocessing Industries Limited (NAPIL), in Nakaseke district, Uganda. She is in charge of Community supported Agriculture plans activities, supervises and coordinates the realization of Crop programmes and project outputs and approves annual work plans. She is responsible for Identifying capacity building needs and developing strategies to build capacity of the various partners, identifying training institutions and organizing short and long-term training for farmers in Nakaseke district. Norah has worked very hard and progressed steadily, revealing her passion and enthusiasm for the Food Industry in the process.

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FACTORS ASSOCIATED WITH FEMALE SMOKING AT SELECTED UNIVERSITIES IN DHAKA

Tanmoy Sana*

*Daffodil International University, Bangladesh

Background: While smoking prevalence is generally higher among males, the rate of increase among female smokers is a cause for concern. In developed countries more young women than young men smoke. Up till now, very little is known about the pattern and prevalence of smoking in general and specifically among the young adults in Bangladesh who are the target of the expanding tobacco market.

Objective: This study was conducted to identify the factors influencing smoking among young female students in five universities in Dhaka city.

Method: Both quantitative and qualitative approaches were adopted for this study. A total of 1,003 representative female students were interviewed from five selected universities using a semi-structured questionnaire for quantitative approach and also five in-depth interviews were conducted in the same area. All the respondents were full-time students of the five selected educational institutions. Univariate analysis was done to find out the proportion of variables and bivariate analysis was done to find out the association between dependent and independent variables.

Results: The prevalence of female smoking was 10.1%, and a majority (92.1%) was daily smokers. Curiosity (57.4 %), frustration (41.6%) and desire to fit in with friends (13.9%) were the factors influencing female smoking. Among the smokers, a majority started their smoking after enrolling into the university while a little over one-quarter of smokers started before university enrollment. Almost all the female respondents have knowledge about harmful effects of smoking. It was also found that smoking among female students was significantly associated with their age group, type of institution, and educational level ($p < 0.001$) were significantly associated with their practice of smoking.

Conclusion: The study results suggest that the number of female smokers at the university level is increasing as compared to studies documented elsewhere although the students claim to have a sound knowledge of the harmful effects of smoking. Factors associated with smoking are the age group, type of university, monthly family and personal income, the presence of smoker family member and friends. Successful public health approach toward tobacco control should be concurrent to control of smoke with female smoking is necessary to reduce tobacco use among female students.

Biography

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ASSOCIATED FACTORS TO NUTRITIONAL STATUS AND INFANTS AND YOUNG CHILD FEEDING (IYCF) PRACTICE IN RURAL AREA OF BURKINA FASO : A STUDY IN THE HEATH DISTRICT OF OUARGAYE

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Background: Although global trend of malnutrition among children under five is declining, it remains a major public health problem in developing countries such as Burkina Faso. IYCF are major determinants of nutritional status and hence health and child survival.

Material and method: We carried out a cross-sectional study in primary health care centers randomly selected. The objectives of our work were to analyze associated factors to child's malnutrition and feeding practice. The Z-scores (WHO, 2006) and arm circumference were used to determine nutritional's status of the children. Feeding practices were assessed according to IYCF index.

Results: In total, we surveyed 287 couples mother-child. Average age of mothers was 26.7 years; 71.4% of them were uneducated and 94.5% were unemployed. The average number of gesture among mothers was 3.44[1-11]. The average age of children was 10.87 months [6 to 31.9]. Sex ratio was at 1.11. In children, the prevalence of underweight was 19.2%, that of stunting 31.2% and that of wasting 10.1%. The proportion of children with a brachial perimeter <125 mm, that is to say malnourished, was 8.8%. Slightly more than half of mothers (55%) reported that they had breast-fed their child within one hour of delivery. About two out three mothers (69, 7%) have practiced exclusive breastfeeding (EBF). The majority (70%) of children had a good score of IYCF index. The number of gesture was associated with the Z-score Weight/Age. Practice of EBF was associated with Z-score Height/Age (p=0, 04). In children aged 9-12 months, the Z-score Height/Age (p=0.04) and Z-score Weight/Height (p=0.001) were associated with IYCF index.

Conclusion: Feeding practices are good and are not associated with sociodemographic characteristics of mothers. However, it notes that the delay of breastfeeding initiation after delivery and practice of exclusive breastfeeding are not very satisfactory. Targeted interventions on maternal health services and communities could improve feeding practices.