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RELATIONSHIP BETWEEN OCCURRENCE OF HEAT STROKE AND NUTRITIONAL STATUS

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Aim: In order to examine the relationship between heat stroke and dietary habits, we conducted physical examinations for the groups exercising daily.

Methods: The target was 211 junior and senior high school boy students of the athletic club in Hyogo in 2009 (H group: 15.4 ± 4.5 years old) and 127 students of the athletic club in Saitama in 2016 (S group :13.1 ± 1.1 years old). Health examination consisted of height, weight, measurement of body composition, blood pressure, nutritional questionnaire and 24 hour-urine collection by using Aliquot cups. For nutritional investigation, FFQg and BDHQ were used for H and S groups, respectively. We asked additionally questionnaires about the occurrence of heatstroke (HS) to investigate the relationships between eating habits and heatstroke experiences.

Findings: In the H group, 41.2% (91 students) experienced HS (HS group). FFQg showed significantly lower intake of eggs and significantly higher intake of sweet food, for example confectionery, sweet drink and sugar than those who experienced no heatstroke (nHS group). In addition, HS group took more Na than K because Na/K ratio of 24-hour urine was significantly higher than nHS group. In the S group, 29.1% (37 students) experienced HS. The results of BDHQ showed significantly lower intakes of vitamins B, potassium, β carotene and dietary fiber but significantly higher intake of confectionary in HS group than in nHS group. These dietary habits were similar to HS group in H group. But in S group the result of 24-hour urine Na/K ratio in HS group was significantly lower than nHS group and the result was different from H group.

Conclusion: The dietary habits in HS group tended to be bad in both H and S groups, but we noted different result of the Na/K ratio of the 24-hour urine analysis in both groups, so further study is necessary.

Biography

Mari Mori is a National Registered Dietitian, Lecturer of Mukogawa Women's University Institute for World Health Development, and head of food education group Healthy plus. She is on Board of Directors of Association of Slow Calorie Research, Councilor of the Japanese Society Cardiovascular Diseases Prevention and a member for numerous organizations such as the Japan Dietetic Association, Japan Society of Nutrition and Food Science, Japanese Society of Public Health and Japan Sports Nutrition Association. She won "Sugita Genpaku Award" for food education from Obama City, Fukui Prefecture (2017).

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DEVELOPMENT OF LIQUID CHROMATOGRAPHY TANDEM MASS SPECTROMETRY FOR THE DETERMINATION OF RESVERATROL, POLYDATIN AND MELATONIN IN GRAPE AND RED WINE

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Since the finding of trans-resveratrol in grape in 1976, the research on the bioactivity and analytical method of resveratrol, a polyphenolic phytoalexin, (3,5,4'-trihydroxy-trans-stilbene) has drawn great attention. The functions of trans-resveratrol include: prevention of cancer; anti-oxidation, anti-inflammatory; improvement for the metabolism of lipid and to prevent cardiovascular diseases, etc. The potential sources of trans-resveratrol include grape, red wine, Japanese knotweed extract (*polygonum cuspidatum*), *Vitis* berry skins and leaves, peanut sprouts, soybean and peanut oils. Polydatin, also called piceid, (2-[3-Hydroxy-5-[(E)-2-(4-hydroxyphenyl)ethenyl]phenoxy]-6-(hydroxymethyl)oxane-3,4,5-triol), is a stilbenoid glucoside and is a natural precursor of resveratrol. It can also be isolated from the Japanese knotweed. Polydatin is known to induce β -defensin production and reduces inflammatory response. Melatonin (N-acetyl-3-(2-aminoethyl)-5-methoxyindole; N-acetyl-5-methoxy tryptamine), an indoleamine, is a neurohormone produced by the pineal gland of animals. It has many physiological effects on humans including ones that influence circadian rhythm, sleeping disorders, jet lag, free radical disorders, and cancer. The development of a sensitive and specific method for the simultaneous determination of multiple polyphenols and melatonin by LC-MS/MS will be reported. And, the analytical performance will also be evaluated in this work.

Biography

Suh-Jen Jane Tsai had her Ph.D. at the Department of Chemistry, Ohio State University, Columbus, Ohio, USA. She has been a Professor at Providence University, Taiwan since her graduation from OSU. Her major interests including the development of innovative analytical techniques for a variety of advanced materials, such as resveratrol in wine and grapes, bile acids in livers, metal contents in alloys. She serviced as the Chair of the Department of Applied Chemistry and the Dean of the College of Science. Her achievements in teaching, administration and research make her a Distinguished Professor in the Providence University.

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COMPARISON OF KNOWLEDGE REGARDING COMPLEMENTARY FEEDING PRACTICE BETWEEN PRIMIGRAVIDA AND MULTIGRAVIDA FEMALES

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Statement of the Problem: Exclusive breastfeeding for 6 months supervised by complementary feeding such as offering solid foods beside breast milk is an optimum infant feeding practice, recommended since 2002 by the World Health Organization and many governments and professional associations. The addition of solid food to diet of infants, established as complementary feeding, is an important milestone which has nutritional, developmental and health ramifications. When human milk or infant formula solely is not any more adequate for nutritional motive, complementary food is required. An infant's diet should be remarkably enriched with right foods loaded with proteins and other nutrients.

Methodology & Theoretical Orientation: This cross sectional study was aimed at comparison of knowledge regarding complementary feeding practice between primigravida and multigravida females. The study duration was 6 months, from January to June 2017. A total of 377 participants were included as study subjects. Following the signature of participant consent form, participants were required to fill a structured questionnaire. SPSS version 23 was used for statistical analysis.

Findings: Most of the participants in this study were educated females. The multigravida females were found having more knowledge regarding complementary feeding practice compared to primigravida females ($p < 0.05$). Educated females were found to be more familiar regarding complementary feeding practice ($p < 0.05$). Awareness regarding correct age of complementary feeding was observed to be more accurate in multigravida females compared to primigravida females ($p < 0.05$). Almost all participants chose pureed mashed food as the consistency to begin complementary feeding. The pattern of milk intake in this study was predominantly exclusive breast feeding.

Conclusion & Significance: Multigravida females, have more knowledge regarding appropriate complementary feeding practice compared to the primigravida females. These findings from this study emphasize the need for efforts to enhance awareness regarding complementary feeding practice amongst the primigravida females.

Biography

Shizma Junejo has done MBBS from Dow Medical College Karachi in the year 2003. After MBBS she did house job for one year, with six months being in General Surgery and six months in General Medicine. After house job she did short course of Ultrasound from Institute of Ultrasound Imaging Karachi Affiliated with Thomas Jefferson University Philadelphia, Pennsylvania, United States of America. She started her postgraduate education at Roehampton University London in September 2009 and completed successfully in June 2011 with a Master's degree in Clinical Nutrition. She is very determined, focused and goal oriented professional. She started working following MSc Clinical Nutrition degree attainment, as Consultant Clinical Nutritionist at South City Hospital Karachi. After three years of experience as a Consultant Clinical Nutritionist, she then started teaching Medical undergraduate students. She is a very dedicated professional and humble as a person. She is extremely particular regarding appropriate time management.

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EFFECT OF FIBER INTAKE ON BODY COMPOSITION IN HEALTHY WOMEN

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Considerable evidence supports that increasing consumption of dietary fiber is associated with lower risk of obesity in adults¹. Although most of the proposed beneficial effects of fiber consumption have been attributed to viscous and gel-forming properties of soluble fiber, both soluble and insoluble fiber are strongly associated with reduced risk for obesity and overweight². In total 100 women were included in the study. Survey questions were prepared to get details about the general characteristics of participants. Also, participants were asked to fill out a 3-day food consumption form and a 24-hour physical activity form to receive nutritional habits and physical activity information. Subsequently, all the food consumption of the participants were entered into the BEBIS program in order to calculate macro and micronutrient intakes. Statistical analyses were performed with SPSS software. Between-group differences for categorical variables were compared by using chi-square analysis. Pearson correlation test was used in order to determine the correlation of fiber intake and body composition. Fiber intakes of the participants were categorized and compared across tertile group. One group was categorized as 'low consumers' (below 25g/day of fiber intake) one was 'moderate consumers' (between 25-40g/day) and the third group was 'high consumers' group (<40g/day). Results of this study indicated that participants who have consumed moderate amount of fiber is associated with lower body mass index, body weight and body fat. In terms of fiber intake and body composition association, results showed that there was statistically significant difference between low consumer and moderate consumer group ($p < 0,05$), while, there wasn't any statistical difference between moderate consumer and high consumer group ($p > 0,05$). In view of the fact that, when mean dietary fiber intake is about as advised (25-40g/day) can be protective of overweight/obesity. Higher than the recommended amount is not meaning that it may be more protective of overweight/obesity. Results of this study indicated that moderate fiber intake is inversely associated with body weight, BMI and body fat.

Biography

Gözde Okburan has been graduated from Nutrition course from Health Sciences Department in Kingston University, London as a Nutritionist. After that she has been done further studies for two more years in Eastern Mediterranean University in order to graduate from a dietetic course. Later, she obtained her post-graduation from Eastern Mediterranean University with subjects Cardiovascular disease and nutrition and then started working at a private hospital as a nutritionist and dietitian. Nowadays, she is doing her PhD in Acıbadem University, where she has continued her research. Presently she has been working at the Eastern Mediterranean University, Famagusta.

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A LONGITUDINAL OBSERVATION OF A PATIENT WITH NORMAL TENSION GLAUCOMA

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Normal tension glaucoma (NTG) is a disease associated with normal intraocular pressure (10-21 mmHg) that may lead to irreversible blindness if misdiagnosed or left untreated over a period of time. The author observed a patient with NTG over a period of five years (from 2013-2017). The initial visual field analysis results (2014) showed mild visual field defects due to NTG at the start of the five year period. Although the patient was also diagnosed with hydrocephalus, a condition associated with optic nerve head damage, following years of non-compliance to treatment of NTG and follow-up eye examination schedules, the patient's visual field defects were found to have progressed by the year 2017. It is therefore important for optometrists to apply due diligence when examining patients with NTG in order to expedite intervention and prevention of visual impairment and blindness.

Biography

Hlupheka Lawrence Sithole is working as Research Training Officer at College of Graduate Studies, University of South Africa.

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THE COMPLICATIONS OF ORAL AND PERIORAL PIERCINGS AMONG FEMALES LIVING IN RIYADH

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Oral piercings have become common among young adults recently, this rising popularity alarms dentists everywhere due to the possible associated dental and periodontal complications. This study objective is to assess the use of oral and perioral piercings among females living in Riyadh, and evaluate related complications. A total of sixty three questionnaires were obtained by directly handing them to participants, or indirectly through an online version. The questionnaire included questions pertaining to socio-demographic characteristics in addition to questions relating to smoking, characteristics of the piercing device worn, and post piercings-related complications. Esthetics was the main purpose of having oral piercings. The majority of the respondents had a lip oral piercing, over third of the respondents had discomfort in their gingival tissues, and only 15.9% experienced halitosis. There were no major oral and perioral piercings related complications detected among females residing in Riyadh.

Biography

Mashaal ALOmran has Graduated in 2017 from the College of Dentistry of King Saud University 2017, She works as a general practitioner in her internship year. She's interested in Dental Public Health, enjoyed the undergraduate courses of dental public health and community service and aims to continue her postgraduate studies in this speciality.

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DISTRIBUTION OF DISEASE BASED ON ENVIRONMENTAL AND BASIC SANITATION IN RAMMANG-RAMMANG SOUTH SULAWESI AS TOURISM PLACE

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Environmental health issues are diverse well as socio-economic inequalities, disparities between regions, and the differences in topography, an archipelagic geography as well as cultural diversity. Rammang-rammang is well-known as tourism place since UNESCO-World Heritage Convention admit it as the second of the largest karst area in the world by fulfill 9 requirements including unique biodiversity and ancient human remains on several cave walls. The conditions and characteristic of karst area is a challenge in regional development efforts influence Rammang-rammang. This research aimed to determine the distribution of disease based on environmental basic sanitation by the type of research was survey with descriptive approach and univariate analytical using Predictive Analytics Software. The sample of this research was 84 respondents of household as a key informant. The results showed the component of basic sanitation in Rammang-rammang has not been good criteria for example only 4,8% house has a latrine and 95.2% are still using public latrine, defecating in bushes and rivers and also their source of drinking water are 73.8% from rainwater which is generally not being cooked to drink. As tourism place, Rammang-rammang should get a lot of attentions whether it from the government or citizens who live there by consider the high rate of disease based on environmental that is dengue fever 25%. Alternative solutions offered by researcher is actualize Community Led Total Sanitation and empowering the community to live clean and healthy from the students as agent of change.

Biography

Sitti Andriani Anwar is an undergraduate student from Public Health majoring Epidemiology at Hasanuddin University, Makassar Indonesia. Presently, she is trying to be active on research study to improve her passion and skill as future researcher. On fifth Semester, she is active for volunteering of social activities and has a big ambition to continue her master program abroad in development country.

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SPATIAL ANALYSIS OF TUBERCULOSIS/HIV COINFECTION: ITS SOCIAL DETERMINANTS IN PRAIA'S COUNTY-CAPE VERDE

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Statement of the Problem: There is strong relationship between tuberculosis/HIV coinfection and social determinants. Social determinants may have both protective and harmful impacts on health. Employment, possession of goods, good level of education, good quality of food, basic sanitation, good housing, comfort and security are aspects that configure as protectors. The opposite of these situations, considered harmful, can trigger health inequity. Actions on social determinants are public health priority to control TB and HIV according to sustainable development goals. However, both practical ideas for action and notional support for this idea are scarce since the relationship between tuberculosis/HIV coinfection and social determinants have never been study in Cape Verde. Therefore, the objective of this study is to identify the social determinants of tuberculosis/HIV coinfection in Praia, Cape Verde, from 2006 to 2012.

Methodology & Theoretical Orientation: An ecological study of multiple groups analysis that used data of patients co infected with TB and HIV from 2006 to 2012 in Praia's county - Cape Verde. Spatial analysis of the distribution of tuberculosis/HIV coinfection was performed and associated with social determinants. Exploratory analysis was useful to visualize the spatial distribution of tuberculosis/HIV coinfection and its determinants and linear regression was applied to correlate tuberculosis/HIV coinfection with its social determinants. The QGIS software was used for data processing and spatial statistics was used as a technique of analysis.

Findings: Social determinants such as unemployment, illiteracy and among others have been associated with tuberculosis/HIV coinfection in Praia-Cabo Verde from 2006 to 2012.

Conclusion: The study elucidated the spatial geographic distribution of TB/HIV coinfection and determined its association with socioeconomic variables, thus providing data for oriented planning, prioritizing socially disadvantaged neighborhoods that present a higher incidence of the disease. Therefore, the surveillance must be improved and sustainable development goals must be applied.

Biography

Ermelinda Furtado da Luz is a fourth year PhD student and has her expertise in infectious disease and social determinants of health. She is Methodological expert in spatial analysis and Mathematical Modeling of Communicable Diseases. She has Prior experience in collecting secondary data, managing large, complex and confidential datasets

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NUTRITION SUPPORT AT THE END OF LIFE: THE CORRELATION BETWEEN FOOD SENSORY AND POOR ORAL INTAKE AMONG HOSPICE PATIENTS**Audrey Lim Soo Yen^a, Soh Wan Keem^b and Tan Yew Seng^c**^aSingHealth Residency, Singapore^bBright Vision Hospital, Singapore^cOncoCare Cancer Centre, Singapore

The preferences for food is determined by sensory evaluation of taste, smell, appearance, texture, hearing and perceived characteristics from food memories, and they actively influence patients' choices before, during and after meal times. It is widely known that oral intake nearing the end of life is challenging due to many reasons. However, there is limited data patients' preference for food and fluid of hospice patients in Singapore.

Aim: The aim of this study is to explore hospice patient's preference regarding their diet by investigating their sensory evaluation.

Method: A qualitative semi-structured interview was conducted on 11 Chinese patients admitted to the hospice ward of Bright Vision Hospital on their subjective food preferences based on their sensory evaluation. All the participants reported loss of appetite, poor oral intake (of ½ share or less of a standard 1500-calorie meal plan per day) were assessed to have cancer-associated malnourishment (based on physical examination of the temporalis muscles, orbital area and clavicle bone). Patients selected are cognitively intact with an AMT score of 7/10 and physically fit to be interviewed for 20 minutes. This study did not include patients of other ethnic groups as majority of the patients are of Chinese ethnicity and the hospital serves mainly Chinese meals. India/ Malay could not be adequately represented in this study. The original recordings were analyzed by two researchers independently.

Results:

Table 1. Food Preference

Four main food preferences were observed, namely, cold drinks, flavour enhancer, high heat cooking and social environment.

Preferred Examples

Cold beverages	Coca cola, Soya bean drink, Plain Milo®, juice
Thinner consistency	Juice-based supplements available at retail shops Conclusion

Conclusion: As patients are better able to tolerate fluids, rather than solid food, serving cold beverages, of preferred choice and in small amount, may continue to provide the nutrition support towards the end of life. Further research would be helpful to ascertain if providing cold beverages with nutritional characteristics, would optimise energy intake so as to delay malnutrition and improve quality of life.

Biography

Audrey Lim Soo Yen was born in 1982. She received her MBBCH BAO (Hons) at National University of Ireland, Galway. She completed her basic speciality training Paediatric (RCPI Ireland) in 2012. Currently, she is working at Singapore under Singhealth family medicine residency. Her main interest is in palliative care medicine and end of life care. She always believe "The end of life deserves as much beauty ,care and respect as the beginning".

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PREFERENCE OF PHYSICIANS' GENDER AMONG MALE AND FEMALE PRIMARY HEALTH CARE CLINIC ATTENDEES IN A UNIVERSITY HOSPITAL IN SAUDI ARABIA

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Objectives: To assess gender preference concerning different healthcare specialties, and investigate reasons behind gender preferences among male and female attendees at the primary healthcare (PHC), King Khalid University Hospital (KKUH), Riyadh, Saudi Arabia.

Methods: In this cross-sectional study, samples of 150 males and 150 females, 18 years and above were randomly selected. The 2 proportion sample size equation was used to estimate the suitable sample size for our study. An Arabic translated specially-designed, self-administered questionnaire were distributed at the waiting area of the PHC. It covered personal data, preference of physicians' gender for 24 different specialties, reasons behind choosing a specific gender, and physicians' characteristics, if gender does not matter to them. A previous pilot study was carried out to assess reliability of the questionnaire.

Results: The results are statistically significant for most of the specialties ($p=0.001$). Male physicians were preferred by both genders for surgical specialties (such as, 50% of males and 39% of females in General Surgery), as people believe they are more knowledgeable. For medicine, women preferred to be examined by the same gender (54% in Internal Medicine), whereas men mostly had no gender preference (55% in Internal Medicine). When it comes to obstetric and gynecologic care, both genders (67% males and 85% females) preferred a female physician, stating embarrassment as the main reason for the choice.

Conclusion: Attendees appeared to have gender preference regarding their physician in some specialties. However, the most in demand physician's character is the years of experience. Results of this study may influence future physicians in choosing their specialty. We recommend collecting the overall population preference, and broaden the scope of the search, as this may reveal interestingly results.

Biography

AlHanoof AlEmran is a Family Medicine Resident at Prince Sultan Military Hospital in Riyadh, Kingdom of Saudi Arabia . He is interested in public health and health promotion. He participated in volunteer campaigns for raising awareness in different specialties like diabetic awareness campaign, cancer awareness campaign, irritable bowel syndrome awareness and osteoporosis and vitamin D awareness.

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A DESCRIPTIVE STUDY ON AWARENESS OF ORAL HEALTH CARE AMONG A GROUP OF PAEDIATRICIANS IN THE UNIVERSITY HOSPITAL, ISTANBUL

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Background: Comprehensive care for children involves the coordination of services between medical and dental providers so that they provide appropriate services at the appropriate ages. One of the factors which affect the performance of preventive dentistry is the knowledge, attitude and practice of the pediatrician concerning this issue. This study was carried out in September 2017 to assess a group of paediatricians' perception of basic oral health care in children.

Methods: A questionnaire survey was carried out among 26 Paediatricians (10 male;16 female) in the University Hospital in Istanbul. It consisted of questions on various aspects of knowledge, attitude, and role of paediatricians in preventive dental care. The data were collected and percent frequency distributions for responses to every question were calculated. In Turkey for health staff surveys such the this one, ethics approval is not required.

Results: 23(89%) of the participants reported that paediatricians are responsible for infant oral health and they routinely examine the oral cavity of their patients. 74% of them recommend oral hygiene practice when first tooth erupted. Most of them 17(65%) never recommended bottle feeding any time. All of the paediatricians reported that they gave nutritional counselling to the parents. They all said that they believe in prevention of oral diseases and 18 (69%) that they agreed with Topical Fluoride applications. 65% of them agree for using toothpaste to clean the teeth. Moreover, 19 (73%) considered Fluoride and Fissure Sealants to be effective for caries prevention

Conclusion: Pediatricians play an invaluable role in the maintenance of optimal dental health in infants, children. In the present study, the paediatricians showed reasonable awareness regarding the prevention of dental caries and they all supported oral health activities and the promotion of good oral health hygiene. However, all the Pediatricians supported the oral health activities and promoting good oral health hygiene.

Biography

Betul Kargul graduated from Marmara University, Faculty of Dentistry in 1986 and started to study as a PhD student in 1987. She has been lecturing and directing undergraduate and postgraduate programmes. Her research expertise is epidemiology, caries research in children, preventive dentistry, dental materials. She has published more than 90 refereed papers and has more than 120 presentation in the international congresses. She has a expertise in co-ordinating and chairing meetings with partners of multidisciplinary background. She has been active in the field of Pediatric Dentistry. She was a councillor in European Academy of Pediatric Dentistry (2002-2012). She is currently working as a full Professor in Department of Pediatric Dentistry, Dental School, Marmara University, Istanbul-Turkey.

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DIFFERENT INTENTIONS AND SELF-EFFICACIES TOWARD EATING BREAKFAST AND ASSOCIATED FACTORS AMONG BREAKFAST SKIPPERS IN JAPANESE UNIVERSITY STUDENTS

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Skipping breakfast is considered a public health issue in Japan. We have previously reported that breakfast skippers aged 20 years or above showed different characteristics according to different intentions and self-efficacies toward eating breakfast. In Japan, the proportion of those skipping breakfast is the highest among young adults. However, no studies have specifically focused on university students and examined the characteristics of breakfast skippers with different intentions and self-efficacies toward eating breakfast. A questionnaire survey was conducted at a university in Japan in 2016. Among 2816 students who answered the questionnaire (response rate: 86.5%), the data of 2702 without missing values were analyzed. Multinomial logistic regression analyses were performed to examine the characteristics of each breakfast skipper (having intention and self-efficacy toward increasing the frequency of breakfast [IS], having intention but not self-efficacy [INS], not having intention but having self-efficacy [NIS], and having neither intention nor self-efficacy [NINS]) compared with breakfast eaters. Compared with breakfast eaters, breakfast skippers without self-efficacy (i.e., INS and NINS) were more likely to eat alone and to lack knowledge about a well-balanced diet. Breakfast skippers without intention (i.e., NIS and NINS) were more likely to report less frequency of breakfast to maintain own health. Additionally, the INS students were more likely to participate in circle activities, have financial limitations, and be less likely to exercise. The NINS students were less likely to report weight management behavior or participate in circle activities. Current smoking and having late-night snacks were commonly seen in breakfast skippers. These results suggest the need for approaches considering different intentions and self-efficacies toward eating breakfast.

Biography

Makiko Nakade has previously worked in the Department of Nutritional Epidemiology of the National Institute of Health and Nutrition in Japan. Since 2015, he has been working in the Faculty of Health and Welfare, Tokai Gakuin University, in Japan. His research field is public health nutrition, and he is especially interested in the theme of skipping breakfast and obesity. He has published an article about the characteristics of breakfast skippers with different intentions and self-efficacies toward eating breakfast using the National Health and Nutrition Survey data. He has also published articles about the effectiveness of a weight loss program, factors associated with successful weight loss/weight loss maintenance, and eating behaviors associated with obesity.

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MAPPING CYCLING PATTERNS AND INFRASTRUCTURE IN IRELAND'S CAPITAL CITY TO IMPROVE SAFETY AND INCREASE PARTICIPATION

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Background: In Ireland from 2011 to 2016 the number of people using cycling as their main mode of transport to work and education has grown 34% to 82,123 people. Currently cyclists compose 2.7% of the total commuting population and two thirds (54,061) of all cyclists were in the capital (Dublin) and its suburbs. Less than 1% of the €10 billion Infrastructure and Capital Investment Programme for 2016-2021 in Ireland is dedicated to spending on cycling and pedestrian infrastructure. Improved cycling infrastructure is likely to play a key role in improving cycling participation and with this in mind the UN Global Outlook on Walking and cycling report recommends allocating at least 20% of transport budget to non-motorised transport. Reducing risk of injury for cyclists by improving infrastructure will likely increase cycling participation and its associated benefits to the health of the population. Intersections and transitions from paths to roads are a dominant feature in reported cycling incidents and it is with this in mind that this study was conducted.

Aims: The aim of this study is to provide detailed information regarding cycling patterns and infrastructure in Dublin City with a view to improving cycling safety.

Methods: 8 main commuter cycling routes into Dublin City Centre from suburban areas were selected for analysis based on All Ireland Research Observatory (AIRO) census mapping of transport options by electoral division (Ashtown, Beaumont, Ayrfield, Clontarf, Pembroke, Rathmines, Kimmage, Kilmainham were mapped to O'Connell bridge in Dublin City Centre). The routes were traversed and points of conflict and obstruction for cyclists along the route in both directions were mapped.

Results: Maps of conflict points, typical examples and design solutions used in other jurisdictions will be presented in poster format.

Biography

Robert Conway graduated with a degree in Medicine from University College Cork in 2014. While completing specialist training in General Internal Medicine he has furthered his interests in medical informatics and public health, completing a postgraduate diploma in medical informatics at University College Dublin and currently studying for a masters in public health at Teesside University. Robert is particularly interested in the application of information technology to analyse and solve modern day health problems.

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AN ASSESSMENT OF THE COMMUNITY MANAGEMENT OF ACUTE MALNUTRITION PROGRAMME IN THE UNICEF CAN CAMP CLINIC, MAIDUGURI, NIGERIA

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Statement of the Problem: Community Management of Acute Malnutrition (C-MAM) centres have been widely established in north-eastern Nigeria following the alarming rate of malnutrition in the region, due to the Boko Haram crisis. Treatment is provided on an out-patients basis to children with Severe Acute Malnutrition (SAM); the treatment course of which is designed to last for 10 weeks. There have however been no studies to assess the effectiveness of this programme in terms of compliance, and treatment outcomes.

Methodology & Theoretical Orientation: The study was conducted in the CAN camp clinic in Maiduguri, the Borno state capital, which serves the inhabitants of the camp (most of whom are internally displaced persons Gwoza local government area of Borno state), and people in the neighborhood. A total of 281 case notes of SAM patients were randomly selected from the records and their data was extracted using a standardised pro forma. The data was then analysed using SPSS version 22 descriptively, and using survival analysis. Findings: Their ages ranged from 6 to 48 months with Median+IQR of 13+13 months. There were an equal number of males and females (39.9% each), though 20.3% had no gender reported on their case notes. No death was recorded, and only 27.4% had gotten recovered and discharged, while 19.6% had defaulted. There was also no difference by gender in their treatment outcome ($\chi^2=5.96$; $df=2$; $p=0.051$). There was also no difference between the median ages of those who recovered, those who defaulted and those who were still on treatment ($\chi^2=2.48$; $df=2$; $p=0.290$). The Kaplan-Meier survival curve is presented in Figure 1. The median age of recovery and discharge was 10 (9.92-10.08) weeks.

Conclusion & Significance: These findings point to the need to improve record keeping through trainings and supervision, and also the need to improve compliance and retention rate to maximise recovery. There is also the need to conduct qualitative studies to determine the associated factors and reasons for this high rate of default among the patients.

Biography

Ahmed Dahiru Balami is a medical doctor and currently a PhD student of Epidemiology and Biostatistics at the Universiti Putra Malaysia. He holds a Master of Public Health. He presently works as a medical doctor with the Federal Government of Nigeria's Health and Nutrition Emergency Response Project in Borno State. He is a Fellow of the Royal Society for Public Health. He has also published several research papers in both local and international journals.

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NEONATAL POSTOPERATIVE NUTRITION AFTER SURGICAL TREATMENT OF DIGESTIVE ATRESIA: A CHALLENGE TO BE FACED IN MADAGASCAR

Aurelia Rakotondrainibe^a, Harifetra MR Randriamizao^a and Nicole RC Rakotoarison^a^aUniversity of Antananarivo, Madagascar

Statement of the problem: Surgical procedures of neonatal digestive malformations are often performed in poor nutritional status, which can alter the quality of the postoperative healing. An optimal nutritional support is necessary to ensure a favorable outcome after neonatal digestive surgery. In Madagascar, the perioperative nutritional support adapted to the infants is failing. The purpose of this study was to analyze the nutritional management of newborns operated for their digestive system abnormalities.

Methodology: We carried out a 24-month retrospective study (January 2015 to December 2016) of Malagasy infants, operated for digestive atresia admitted in surgical intensive care unit. The demographic criteria, the type of the digestive atresia, the characteristics of the nutritional support, as well as the outcome of the patient were analyzed. Results are expressed as median [extremes]. The Spearman correlation test was used (XLSTAT[®]).

Findings: Of the 40 newborns admitted in surgical intensive care unit, during the study period, 16 were retained for the study (4 [1-11] days old, 6 girls / 10 boys, 2210 [1400-3030] g). The most observed and operated digestive malformations were esophageal and duodenal atresia (10 cases). Intervention time was 1 [0-16] days. A parenteral admixture of amino-acids (Celemin[®] manufactured by CLARIS LIFESCIENCES Ltd) was given in eight patients. Administration time of postoperative enteral breast milk was 3 [1-5] days for 11 newborns. This was correlated with the site of atresia ($p=0.006$). Nine of them died; the length of stay was 7 [2-38] days.

Conclusion & Significance: The neonatal postoperative nutrition in Madagascar is still precarious. To introduce early enteral nutrition is the current recommendations. Inputs adapted to the newborn should be available. However, the latter being expensive, the alternative in a low-income country like Madagascar would be the enteral administration of breast milk, as soon as conditions permit it, with close clinical and biological monitoring.

Keywords: Breast milk, Enteral nutrition, Esophageal atresia, Intestinal atresia, Newborn.

Biography

Aurelia Rakotondrainibe is an anesthetist and intensivist working in Antananarivo-Madagascar. After studying in Faculty of Medicine of Antananarivo, Bordeaux and Paris, her work is essentially focused on anesthesia and intensive care of digestive pathologies and postoperative recovery.

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DIET-RELATED NON-COMMUNICABLE DISEASES IN SOUTH AFRICA: MAPPING OF DETERMINANTS AND POLICY RESPONSES

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Non-communicable diseases are the leading causes of death globally and on the rise, both in low- and middle-income countries. International research links the rapidly changing food environment with chronic diseases, suggesting that population-level dietary changes are necessary. A literature review was done focusing on the link between the rise in diet-related NCDs, their proximal determinants focusing on diet patterns, environmental factors, current practice and international recommendations, and the most relevant national level policies for South Africa. The rise in diet-related NCDs is associated with an observed change in diet from traditional to more western, highly processed diets consisting of more energy-dense, processed foods, foods of animal origin, and more added sugar, salt and fat. This 'dietary transition' is also evident in South Africa and has been associated with changes in the food environment under the influence of large commercial entities (Big Food). Marketing strategies to increase the availability, affordability and acceptability of less healthy products, including the rapid expansion of supermarkets, have contributed to dietary changes and decreased dietary quality, contributing to an increased burden of obesity and NCDs. Environmental and policy interventions are needed to create population-wide improvements in food consumption. In South Africa some policy steps have been taken at national level to address unhealthy diets and NCD prevention, including reduced salt intake and the taxation of sugar-sweetened beverages is high on the political agenda. National efforts addressing diet-related NCDs, its proximal determinants and contributing factors however have to be strengthened, coordinated and sustained. The creation of a multi-stakeholder national NCDs coordinating body, the South African National Health Commission, could be a tipping point in the fight against NCDs, but this will require an intersectoral approach in need of concerted action at policy level.

Biography

Peter Delobelle is a medical doctor with 15+ years' experience in public health research, teaching and service delivery in resource limited settings, including South Africa. His research focuses on health promotion and systems research, with a particular interest in NCDs and systems thinking. He works at the University of Cape Town Chronic Disease Initiative for Africa (CDIA) and the University of Western Cape, School of Public Health as a senior lecturer and project manager of a multicentre trial to improve type-2 diabetes prevention and care, which includes assessing the impact of the food environment on diet-related NCDs. He is a Fellow of the Royal Society for Public Health; a member of the Global Alliance for Chronic Diseases; International Union for Health Promotion & Education; and Health Systems Global; and is actively involved in the Public Health Association of South Africa Special Interest Group in Health Promotion.

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BURNOUT AMONG POSTGRADUATE DOCTORS IN COLOMBO: PREVALENCE AND ASSOCIATED FACTORS.

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Statement of the Problem: Burnout is a psychological condition of emotional exhaustion, depersonalization and reduced personal accomplishment in people persistently exposed to emotional and interpersonal stressors at work. Postgraduate doctors who simultaneously engage in patient management, knowledge gathering, skill development and exam preparation, are prone to burnout, resulting from chronic stress at work. Situation of burnout in Sri Lankan postgraduate doctors is unknown. This study determines prevalence of burnout and factors associated with it, among postgraduate doctors in Colombo district.

Methodology & Theoretical Orientation: A descriptive cross-sectional study was conducted among all 278 postgraduate doctors from eight specialties attached to Postgraduate Institute of Medicine and working in Colombo district. Final sample size was 245. A Self-administered questionnaire, comprising Copenhagen Burnout Inventory and associated factors was used. Data collected from 01.08.2017 to 31.08.2017. Associations were analyzed using univariate cross-tabulations followed by multiple logistic regressions.

Findings: Response rate 88.1%. Prevalence of personal, work-related and client-related burnout were 41.6% (95%CI, 35.5–47.8%), 30.6% (95%CI, 24.8–36.4%), 8.9% (95%CI, 5.4–12.5%) respectively. Females (OR=3.58,p<0.001), chronic disease (OR=4.01,p=0.007), frequent unhealthy habits (OR=3.33,p=0.001), parents being doctors (OR=2.77,p=0.028), home-work demands (OR=2.86,p=0.008), emotional demands (OR=3.43,p=0.001) associated positively and frequent healthy habits (OR=0.25,p<0.001), satisfaction with skill development opportunities (OR=0.44,p=0.019), frequent deep studying (OR=0.21,p<0.001) associated negatively with personal burnout. Females (OR=3.59,p<0.001), frequent unhealthy habits (OR=2.81,p=0.005), home-work demands (OR=5.54,p<0.001), emotional demands (OR=3.99,p<0.001) associated positively and frequent deep studying (OR=0.44,p=0.028) associated negatively with work-related burnout. Emotional demands (OR=4.01, p=0.005) associated positively and overall specialty training satisfaction (OR=0.20, p=0.001) associated negatively with client-related burnout.

Conclusion & Significance: Postgraduate doctors in Colombo have high personal and work-related burnout prevalence and low client-related burnout prevalence. Several personal, family, work and training factors are associated with burnout. Improving awareness and preventive actions from beginning and throughout training is recommended by incorporating a training module on personal development with emphasis on burnout prevention.

Biography

Minuri Fernando is a medical officer who has a MSc in Community Medicine obtained from the Postgraduate Institute of Medicine, University of Colombo. Burnout among postgraduate doctors in Colombo is her first research, which was done for her MSc in the year 2016. She has research interest in occupational health and malaria. Currently she is attached to a research on knowledge, attitude and practices among malaria high risk groups in Sri Lanka.

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PREVALENCE OF ANTENATAL ANAEMIA AND ITS PREDICTORS IN AN AUSTRALIAN POPULATION.

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Antenatally, women with anaemia may experience fatigue, dyspnoea and dizziness. Severe anaemia in pregnancy is associated with small for gestational age and preterm births. Postpartum, anaemia is associated with fatigue, irritability and depression. The world health organization defines anaemia in pregnancy as Hb < 110 g/L. Iron deficiency accounts for the majority of anaemia in pregnancy. Physiological iron requirement in pregnancy is three times higher than non-pregnant state. Other less common causes include folic acid and vitamin B12 deficiency, thalassaemia and sickle cell. A retrospective study of all pregnancies delivered at Maitland Hospital, Australia in 2015 and 2016 was performed. Antenatal patients are routinely offered screening for anaemia at booking, second and third trimester. 2984 pregnancies were evaluated. The prevalence of antenatal anaemia was 28.2% in our study population. Iron deficient anaemia was identified in 24.3% of our antenatal population. The percentage of antenatal patients who had iron deficient anaemia for underweight, normal weight, overweight and obese was 24.6%, 21.3%, 18.3% and 16.4%. Odds ratio for iron deficient anaemia of overweight and obese compared to normal weight is 0.76, 95% CI (0.63-0.92) $p = 0.005$. The percentage of antenatal patients who had iron deficient anaemia < 20, 20-29 and ≥ 30 years old was 32.8%, 19.1% and 16.2%. OR 0.48 95% CI (0.35-0.66) $p < 0.001$ for age 20-29 and OR 0.40 95% CI (0.28-0.55) $p < 0.001$ for age ≥ 30 compared to < 20 years of age. There is an increasing rate of iron deficient anaemia with lower age group as well as lower BMI. Due to the high rates of iron deficient anaemia, we recommend routine antenatal screening for anaemia and iron deficiency. We recommend that iron deficiency be corrected through diet modification, oral iron supplements and IV iron transfusion.

Biography

Siang Chye Chuah is an obstetrician gynaecologist at Maitland Hospital and is a lecturer with the University of Newcastle. He has completed his masters in reproductive medicine, public health and health management at the University of New South Wales.

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MITIGATING RISKS OF STUDENTS USE OF STUDY DRUGS THROUGH UNDERSTANDING MOTIVATIONS FOR USE AND APPLYING HARM REDUCTION THEORY: A LITERATURE REVIEW

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As postsecondary students' use of "study drugs" becomes more popular with increasingly reported negative effects on health and academic performance, failing prohibitionist policies to reduce consumption, and ambiguity in literature towards best practices to address this population, we present a literature review that seeks effective solutions educational institutions can apply to improve outcomes for students who use drugs. Motivations for use, effects of the substances, an analysis of efforts to control use from educational institutions, and suggestions on promoting most effective outcomes based on harm reduction, are described. Theory, quantitative, and qualitative works from systematic reviews, cohort studies, and epidemiological assessments are examined on the "study drugs" methylphenidate, dextroamphetamine, and amphetamine, also known as Adderall, Ritalin, Focalin, and Concerta. There is a focus on postsecondary students ages 18–25 in North America. Results show important risk factors for drug use including low perceived self-efficacy or enjoyment in courses, poor accommodation of special needs, reliance on external validation, having a low GPA, and experiencing a mental health issue. There is much misconception on the health and academic effects of these drugs in literature, among students, and on online knowledge sources. We suggest these drugs do not improve GPA and learning, while they might temporarily increase memory, but with detrimental negative health effects. Campaigns that address underlying factors of use can be most successful in mitigating harms.

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GSTM1 AND GSTT1 GENETIC SUSCEPTIBILITY AND INTERACTION WITH CHEMICAL EXPOSURES IN CHILDHOOD ACUTE LYMPHOBLASTIC LEUKEMIA: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Background: The glutathione s-transferase genes play an important role in the detoxification of carcinogenic substances, and null mutations of these genes are linked to increase in acute lymphoblastic leukemia (ALL) due to an increase in susceptibility to environmental exposures of toxins and carcinogens, and chemical exposures like tobacco smoke and pesticides are common carcinogenic substances that children could be vulnerable to as risk of developing childhood ALL.

Objectives: The aim of this study is to analyze the effect of glutathione s-transferase mu1 and theta1 genetic susceptibility and interaction of chemical pesticide and tobacco smoke exposures on childhood ALL.

Data collection and analysis: A total of 22 published case-controls were included in the meta-analysis of over forty thousand participants with 14974 cases and 25841 controls.

Main results: Overall, the meta-analysis of these studies showed increase risk of ALL among children (random-effect OR 1.30, 95% CI 1.02-1.65). Subgroup analysis showed that the GSTM1 and GSTT1 null genotype has more increase association to childhood ALL (random-effect OR 1.36, 95% CI 1.05-1.76), and chemical pesticide in comparison with tobacco smoke exposures did not have an increase association with childhood ALL (random-effect OR 1.27, 95% CI 0.70-2.29), (random-effect OR 1.38, 95% CI 1.20-1.58) respectively.

Conclusions: In this study, the GSTM1 null genotype is significantly associated with susceptibility to childhood acute lymphoblastic leukemia in Asians, and chemical pesticides also showing increase associations. The GSTM1 and GSTT1 null genotypes show increase interaction with chemical pesticides in childhood ALL as compared to Tobacco smoke exposures.

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THE EFFECT OF ASSOCIATION BETWEEN SLEEP DURATION AND SERUM VITAMIN D LEVEL ON OBESITY IN KOREAN ELDERLY POPULATION

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Recently, we reported that the association between sleep duration and obesity. Also, the vitamin D deficiency is common in elderly population and is associated with obesity. We analyzed the combined interaction between serum level of vitamin D and sleep duration on the obesity-related variables among 3,757 Korean elderly population using Korean National Health and Nutrition Examination Survey. The average age was 71.61 years (65~97 years) and serum vitamin D was 19.03ng/mL (4.11~53.54ng/mL). The obesity-related variables, such as BMI (P=0.001), WC (P=0.014), FG (P=0.016) and TG (P=0.019), were significantly higher in vitamin D insufficient than in sufficient group. There were significant difference in interaction between serum level of vitamin D and sleep duration on obesity-related variables, such as BMI (P=0.004) and risk for obesity (P<0.001). Subjects who were vitamin D insufficient status and short sleep duration had higher BMI than those who were vitamin D sufficient status and proper sleep duration. Using vitamin D sufficient status and proper sleep duration as a reference, the subjects with vitamin D sufficient status showed no difference in the risk of obesity, regardless of sleep duration. However, among subjects who were vitamin D insufficient status, the risk of obesity showed increased trend with proper sleep duration compared with short sleep duration [1.293 (95% CI = 1.10-1.657) for proper sleep duration vs. 1.374 (95% CI = 1.066-1.770) for short sleep duration].

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THE IMPACT OF CHANGE IN STRESS LEVEL AND COPING STRATEGIES ADAPTED ON EATING BEHAVIOR AMONG MULTI-ETHNIC MALAYSIAN ADOLESCENTS

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Statement of the Problem: Worldwide global surveys had demonstrated increasing trend of mental health among adolescents which is concurrent with high prevalence of obesity among this population. This study aim to explore the effects of change in stress level and coping strategies adapted when dealing with examination stress on eating behavior of the adolescents.

Methodology: A total of 797 multi-ethnic Malaysian adolescents participated in this cohort. This is a sub-study of a cohort. The changes of stress level and eating behavior between two time points and coping strategies adapted were explored using validated questionnaires; the Cohen Perceived Stress Scale (CPSS) questionnaire, self-reported Child Eating Behavior Questionnaire (CEBQ) and brief COPE questionnaire. All participants and parents consented for the study. Baseline data were collected within two weeks prior to final year school examination. Follow up data were collected six months later during normal school days.

Findings: The results revealed positive correlation between change in perceived stress level and emotional overeating ($r=0.18$, $p<0.01$) and between change in perceived stress level and food responsiveness behavior ($r=0.14$, $p<0.01$). Students who experienced an increase in stress level (OR=1.9, 95%CI: 1.3, 2.9), doing a little bit of planning (OR=2.0, 95%CI: 1.1, 3.5) and use a lot of emotional support to cope with stress (OR=1.7, 95%CI: 0.9, 3.1) were more likely to emotional overeat. Students who experienced an increase in stress level (OR=1.4, 95%CI: 1.0, 2.1), use humor (OR=1.4, 95%CI: 0.9, 2.0) and self-blame (OR=1.6, 95%CI: 0.9, 2.7) a little when coping with stress were more likely to be responsive to food.

Conclusion: The findings suggested for a comprehensive intervention focusing on managing the changes in stress level by adapting an appropriate stress coping strategy. This will promote positive healthy eating behavior thus assist in the prevention of obesity among the adolescents.

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SLIMMING TEAS, ARE THEY THERAPEUTICAL OR NOXIOUS?

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Slimming teas (diet teas) are becoming more popular with increasing social media popularity among people aiming to lose weight effortlessly. These products are widely used because they are believed to be harmless, especially among women who encounter these teas on the internet on a regular basis. These kind of weight-loss teas are mostly mixed form of cassia (*Cinnamomum cassia*), nettle leaves (*Urtica*), rosehip (*Rosa canina*), green tea (*Camellia sinensis*), rosemary (*Rosmarinus officinalis*), mate plant (*Ilex paraguariensis*), fennel seed (*Foeniculum vulgare*). Although they provide psychological relaxation and acceleration of the digestive system through herbal extracts, these teas may cause numerous adverse effects especially when used persistently. The purpose of selling these products is to provide the effect of laxative, diuretic and enhance the perspiration in user. However, chronic use of laxatives and diuretics may cause the development of cardiac and muscle toxicity, depending on the dehydration and electrolyte dissipation. In addition, the people who already have the heart or muscle disorders, can suffer exacerbation. Based on the clinical studies, the continuous use of laxatives will cause stomach and intestinal motility corruption, bradycardia, heart block, "torsades de pointes" syndrome (due to potassium deficiency), suppression of the heart's contractile force, chronic diarrhea, abdominal pains and even hypertension, which can lead to deadly heart diseases. All these findings proposed that plants used in these mixtures may cause a number of adverse effects. For this reason, people should be made aware of several types of slimming teas ingredients and their possible adverse effects. Moreover, these products should be distributed with prescription and should be used under the control of health care professionals such as doctors, dieticians and pharmacists. Additionally, these type of products (slimming or detox teas) should be considered as conventional drugs so that its sale can be regulated by official health minister. This way, the health of individuals can be protected with more care. Online purchase of unregulated items needs to be avoided, in case they are purchased the user should avoid its consumption.

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MANAGEMENT OF HEALTH CARE SERVICES TO URBAN POOR: A STUDY OF AHMEDABAD

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Rapid urbanization is happening in all over India. With the rapid urbanization people living in urban areas especially in developing countries, are exposed to the health hazards of low access to healthcare, food insecurity and under-nutrition, polluted living environment, poor water quality, violence and accident injuries. Ahmedabad district in Gujarat state of India is one among the highly urbanized city in the country with more than 8 million people living in urban agglomeration in 2016. It is essential to ensure access to basic life-saving healthcare among the urban poor. The health care services are provided by Ahmedabad Municipal Corporation (AMC). Many health care schemes programs have been designed for the rural population; however, for the urban poor the schemes are not yet fully functional. The umbrella program National Rural Health Mission, was only recently re-coined as National Health Mission to accommodate the services for the urban poor. These efforts carried out for the urban poor are yet to show the results. The major problems in providing services for the urban poor are most of them are living in slums in informal setup, with unaccounted people. Most of these people are migrant workers, who may not have access to the health services provided by the municipal corporation.

Objective: Analyze the management of health care services provided by AMC. Understand how AMC provide services to migrant workers, people without having any proof of stay etc.

Methodology: Secondary data on the services provided to the urban slums will be collected from AMC. To substantiate the results qualitative interviews will be carried out with the people living in slums to understand how effective the health care services are provided to them.

Results: The quantitative data will be analyzed and results will be shared with the AMC.

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GENE POLYMORPHISM OF THE BACILLE CALMETTE-GUÉRIN VACCINE STRAIN IS CURRENTLY USING IN IRAN BY MIRU-VNTR TYPING

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Background and Aim: Tuberculosis(TB), caused by Mycobacterium tuberculosis is a global health problem. One-third of the world's population is infected with Mycobacterium tuberculosis. In developing countries with high TB incidence, due to increased health expenses, the control of TB is sensitive issue. The Bacille Calmette-Guérin (BCG) vaccine; an attenuated live vaccine is only available effective vaccine for TB control. In some studies, Iran is using own locally BCG vaccine strain with unknown substrain. In present work we studied molecular characterizations of current BCG strain uses in Iran.

Materials and Methods: Sixty seven different vials of BCG vaccine; 28 stocks and 39 non-stocks were selected. DNA was extracted by using modified CTAB method and PCR was done for detection of genes RD1, RD2, RD14 and DU1. A multiplex PCR was applied looking for four target regions including RD1, RD8, RD16 and SenX3-RegX3. The MIRU- VNTR typing was used to determine VNTR profile of BCG strains. The amplified RD16 region was sequenced for future confirmation.

Results: Our results showed that all studied batches were Mycobacterium bovis BCG and molecular analysis revealed Iranian vaccine strain possess RD1, RD8, RD16, SenX3-RegX3 and DU1 regions but not RD2 and RD14. The VNTR profile of BCG strains was 2-2-5-2-3-4-11. Sequencing of RD16 region showed that BCG vaccine strains are accordance with the BCG Pasteur 1173P2. Based on results, all of analyzed vaccine batches were compatible with BCG Pasteur 1173P2.

Conclusion: In conclusion based on our result, all of studied BCG strains; collected from different sources in Iran were recognized as the BCG Pasteur 1173P2 strain. No genetically diversity among stocks and non-stocks were detected.

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GRAPEFRUIT ALCOHOLIC SEED EXTRACT EFFECT ON CANDIDA ALBICANS RESISTANT TO FLUCONAZOLE AND CLOTRIMAZOLE

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Grapefruit Seed Extract (GSE) has been shown to possess antibacterial, antiviral, antifungal and antiparasite properties. It contains large quantities of polyphenolic compounds, such as catechins, epicatechin, epicatechin-3-O-gallate, dimeric, trimeric and tetrameric procyanidins. These beneficial actions of GSE have partly been attributed to the antioxidative activity of citrus flavonoids, such as naringenin. In the current study, the efficacy of GSE on *Candida albicans* resistant to Clotrimazole and fluconazole, collected from vaginitis samples was investigated. Vaginal secretions of 100 women with vaginitis referred to health care centers were studied. Tests for microbial diagnosis and common drug resistance to microbial samples were performed. MIC method was compared to Disk diffusion. Also samples were exposed to Grapefruit seed hydroextract in various concentrations supplied with decoction method and grapefruit seed alcohol extract by MIC method. There were 100 samples collected from women aged 20 - 50 years vaginitis was more prevalent in age range 25 - 30 years. Of all samples 40 were candida positive and 60 had bacterial infection. Candida samples mostly resisted to Clotrimazole, of all cases 30% were resistant to clotrimazole and 17.5% to fluconazol. Samples were exposed to hydroextract, no antifungal effect was observed, and also they were exposed to Alcoholic extract, prepared with maceration method, in various concentrations with MIC method. Alcoholic GSE with 10 and 20% had effect on 75% of candida samples resistant to Clotrimazole and fluconazole. Our results suggest that alcoholic GSE could inhibit *Candida albicans* growth significantly ($P < 0.05$); GSE might be used as an effective and safe product for fungal vaginitis.

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LIVED EXPERIENCES OF HOME BASED PALLIATIVE CAREGIVERS IN NDOLA, ZAMBIA

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Palliative care in Zambia began around 1990, because of rising numbers of chronic illnesses from HIV and Non-communicable diseases. Hence, streamlining care from institutional to home-based palliative Caregiving. The main objective of this study was to investigate lived experiences of Caregivers in Ndola regarding resource support services; personal psychological; opportunity gaining; and challenging experiences. This is because Home Based Palliative Care services remain inevitable under community Caregivers. This was a qualitative, phenomenological study design; with in-depth interviews on twelve purposively sampled respondents, conveniently picked from health facilities representing different catchment areas. Data was analyzed manually, creating patterns of themes under thematic analysis. Findings of negative experiences revealed: lack of team work, limited resource supplies such as inadequate Home Based Palliative Care kits comprising medical and surgical logistics; lack of Food supplements to boost nutrition and many more limitations. Caregivers' duties too were associated with: work over- load, long working hours and cost burdens. In addition to career development was lack of the following: training, refresher courses, technical support supervision and standard guidelines. Whilst Positive experiences reported were: Hope for employment; feeling respected and highly regarded in their community bringing dignity, sense of self-worth, self-esteem; and self-actualization associated to impacting decisions made on people's health. This study therefore contributes to growth of research on determinants of health, a basis for further research by students, academicians; researchers to bridge knowledge gaps and provide evidence to inform policy in integrating caregivers' issues in a wider health care system and address health inequalities.

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GENETIC DIVERSITY OF *ASPERGILLUS FLAVUS* AND OCCURRENCE OF AFLATOXIN CONTAMINATION IN STORED MAIZE ACROSS THREE AGRO-ECOLOGICAL ZONES IN KENYA

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Aflatoxin contamination at post-harvest poses a serious challenge in achieving millennium development goals on food security especially in the developing world. In Kenya, major outbreaks of aflatoxicoses have been attributed to poor post harvest storage practices. In this study, we conducted a cross-sectional survey within three Agro-ecological zones in Kenya, to determine occurrence and distribution of total aflatoxin in stored maize and the aflatoxigenicity potential of *Aspergillus flavus* in stored maize. The counties selected were; Kitui, Nakuru and Kitale (in Trans-Nzoia County). Sampling sites were selected based on previous aflatoxicoses outbreaks (Kitui) and major maize production areas (Nakuru and Kitale) where little information exists on the occurrence of aflatoxin contamination. A total of one hundred and thirty (130) kernel maize samples were random collected during the period between June and August 2012. Moisture content was determined using the standard oven method and *Aspergillus flavus* was isolated by direct plating technique. Genetic diversity of the isolates was determined by PCR and Single Sequence Repeats (SSR) micro satellites analysis. Positive strains were induced to produce B1 aflatoxins on Yeast Extract Sucrose Agar (YESA) and quantified using competitive ELISA technique. The results indicated mean moisture content of maize ranged between 6% and 34%, although this was found not to be significantly different ($p=0.23>0.05$). However, total aflatoxin contamination of postharvest stored maize samples between sites was significantly different ($p=0.000, <0.05$); with the highest contamination in Kitale at a mean of (9.68 $\mu\text{g}/\text{kg}$). *A. flavus* was isolated in 70% (N= 91) of the maize samples collected at postharvest. *A. flavus* isolates with the highest aflatoxigenicity potential were from Nakuru County with mean aflatoxin level at 239.7 $\mu\text{g}/\text{kg}$. Genetic distance based on Neighbor Joining (NJ) clustered the *A. flavus* isolates into five main clusters. Principal coordinate Analysis (PCA) analysis showed five distinct clusters with both axes explaining 60.17% of the variance. This study showed widespread distribution of aflatoxin contamination and a highly toxigenic *A. flavus* in stored maize in three major agro ecological zones in Kenya. These results suggest a potential health risk of aflatoxin outbreaks within these areas, thus call for more investigations.

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AFFECTING FACTORS ON PARTICIPATION OF CHILDREN AND YOUTH WITH CEREBRAL PALSY IN LEISURE ACTIVITY: SYSTEMATIC REVIEW

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Participation in leisure provides opportunities for skill acquisition and role competencies and developing personal interests. ICF proposes that the 'context' will significantly influence the extent of their participation. The purpose of This systematic review was describe factors that influence participation of children and youth with cerebral palsy in out of school Activities. The following databases were reviewed -PubMed, Medline and Google scholar- using the keywords participation, cerebral palsy, children, leisure activities, and recreation. The literature indicates participation in leisure activities for children and youth is influenced with a variety of variables. Gross motor function, cognitive ability, communicative skills, age and gender, activity demands, environmental resources and support, attitudes and family preferences and motivation are the most important Factors. Better understanding of the determinants of participation in leisure activities will assist occupational therapists to address them in planning activities that fit with their child's preferences and families to facilitate participation in purposeful daily activities.

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BELIEFS AND INTENTIONS TO DONATE ORGANS IN QATAR

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Introduction: Organ transplant is the treatment of choice for many end stage organ failure situations. However, the gap between the demand and supply of transplantable organs is wide world over. Extensive research is being carried out to understand this gap and address it. Countries have introduced opt out laws and have started targeted awareness programs to address this gap. According to the theory of planned behavior beliefs play a significant role in influencing organ donation decisions. Research on this subject is sparse in Qatar. Therefore, this study has been conducted to understand such factors as normative, behavioral and control beliefs and their correlation to intentions towards becoming organ donors in Qatar residents.

Methodology: Large scale household survey was carried out with resident population of Qatar. Sample of 1044 individuals aged 18 and above, residing in the eight municipalities within the country were selected using two stage systematic random sampling method during October – November, 2016. Data were collected by independent female enumerators on tabs and exported into SPSS for data analysis.

Results: Out of 1044 individuals, only 930 individuals responded to the intention related questions which constituted of 26.1% Qatari citizens and 73.9% Non-Qatari residents. There were 51% females and 49% males. Demographic variables such as age, gender, education, religion or marital status were not statically associated to Intension to donate organs except occupation and income. However, behavioral, normative and control beliefs played a very important role in contributing to the intentions of the individual towards organ donation at univariate analysis. After adjusting significant variables at univariate analysis, behavioral beliefs (Standardized Beta Coefficient =0.43, t=14.35, p=0.001) and Control beliefs (Standardized Beta Coefficient =0.06, t=2.17, p=0.03) were the most significant contributors to intention to donate organs in multivariate analysis.

Conclusion: Behavioral and control beliefs which in turn impact their intention towards organ donation can have a big influence in improving number of organ donors.

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IMPACT OF FARMERS-HERDSMEN CONFLICT ON THE HEALTH AND WELL-BEING OF GIRLS AND WOMEN IN BENUE STATE, NIGERIA

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Statement of the problem: Violence in Benue State between farmers and herdsmen has assumed an intractable phenomenon. This conflict has a high level of adverse effect on health and well-being of inhabitants of the state especially rural dwellers who are the main victims of violent attacks. While every member of the affected community suffers directly or indirectly as a result of this violence, women and girls seem to be the most vulnerable group aside children. Consequently, conscious efforts aimed at meeting real and perceived health and safety needs of vulnerable groups in the conflict areas of Benue State Nigeria, transcends governance to human right. The objective of this study is to have a better understanding of the impact of this conflict on the health of girls and women and insight into the epidemiological impact and to document the traditional methods of coping with the impact of the conflict.

Methodology: the phenomenological research method was utilized with in- depth interviews and focus groups group discussions.

Findings: All the girls interviewed were afraid of going back to school due to the fear of abduction and sexual harassment with an overall sense of helplessness and the inability of men to improve safety and security. Some of the health problems mentioned by women were: physical injuries due to gun shots, hours of migration and relocation or injuries sustained during flight from the herdsmen. Hunger and malnutrition and psychological disturbances such as nightmares and trauma were mentioned frequently especially by widows.

Conclusion and Recommendation: Women and girls feel traumatized and want help and support however their symptoms of distress are not recognized. Recommendations are made for the development of short, medium and long term measures with deep understanding for building on traditional mechanisms and related coping techniques that existed in the conflict community.