

World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

June 27, 2022 | Webinar

**Nutrition information seeking behaviour: A study of adult obese patients of the Fatima Memorial Hospital, Lahore****Zia Abeeda<sup>1</sup> and Anwar Mumtaz Ali<sup>2</sup>**<sup>1</sup>University of Veterinary and Animal Sciences, Pakistan<sup>2</sup>Abdalians C. H. Society, Pakistan

**Statement of the Problem:** The prevalence of obesity is increasing throughout the world's population but its size varies greatly between and within countries. This study aims to investigate the information seeking behavior of adult obese patients visiting Fatima Memorial Hospital. This issue has not been given adequate attention in research. It is necessary to look into this very important aspect if a society wants to become a healthy one. Research method: Survey method, using a questionnaire was used to collect data from adult obese. These data were supplemented by qualitative interviews of two nutritionists. The initial instrument prepared by the researchers was reviewed by a panel of three experts for content validation. It was pilot tested on six obese adults getting nutrition information from UVAS Nutrition Clinic who were not part of the sample. It was revised in light of the input received. The questionnaire was personally administered by one of the researchers on 30 patients. Statistical analysis was done using SPSS. Twenty-eight respondents were female and only two male. Findings: The results showed that most of the respondents gave preference to taste and cost in food selection. Grains, vegetables and fruit were highly preferred by the respondents. They used a variety of sources for nutrition information. The top three frequently used nutrition information sources were: family members, friends and the Internet. Most of the participants gave preference to the print format. A majority of the respondents reported lack of time during appointments to ask for nutrition advice, confusion with too much information, and contradictory information as the main problems in their information seeking. Recommendation: The results of this study can be used to provide improved nutrition information sources and services for adult obese and remove barriers to facilitate the use of nutrition information

**Biography**

Abeeda Zia obtained her Master in Library and Information Science from the University of the Punjab, Lahore, in 2002 and joined the University of Veterinary & Animal Sciences, Lahore, as a cataloguer. UVAS is the oldest university in Pakistan that produces Doctor of Veterinary Medicine. Later I did my M. Phil. in 2017. My research topic was "Nutrition information seeking behaviour: A study of adult obese patients of a Pakistani hospital. Now I am working as the Deputy Librarian at UVAS. I have expertise in Digital Library and Reference service. My areas of interest are: Nutrition, Paediatric Nutrition, Obesity and weight Management.

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**Fertility and insulin resistance treatment****Giuseppe Gullo and Gaspare Cucinella***University of Palermo, Italy*

Pre-treatment of myoinositol is a very new method that was evaluated in multiple small studies to manage poor ovarian response in assisted reproduction. This study was to determine the efficacy of myoinositol supplement in infertile women undergoing ovulation induction for intracytoplasmic sperm injection (ICSI) or in vitro fertilization embryo transfer (IVF-ET). Myo-inositol should be considered in patients with insulin resistance, metabolic syndrome, type 1 diabetes, type 2 diabetes, PCOS and those with or at risk of gestational diabetes. Elevated levels of glucose reduce myo-inositol levels in tissues and increase its breakdown and elimination via the kidneys Myoinositol supplement increase clinical pregnancy rate in infertile women undergoing ovulation induction for ICSI or IVF-ET. It may improve the quality of embryos, and reduce the unsuitable oocytes and required amount of stimulation drugs.

**Biography**

Giuseppe Gullo, Specialist Ob/ Gyn at "Villa Sofia –Cervello Hospital - IVF PUBLIC CENTRE and done her PhD (2014-2017) in the University of Messina – Iakentro Medical Centre and she is a Member of national and international scientific and obstetrical gynecological societies including: SIGO, SIGITE, ISGE, SIFIOG, SIGO,AOGOI, ESHRE. Her Publications in J Pain Relief ISSN: 2167-0846 JPAR an open access journa Fibromyalgia 2016 June 15-16, 2016 Volume 5, Issue 3(Suppl) September - October 2010 I. V. F. Center - Iakentro in Thessaloniki. November 2012-February 2012 I.V F Department and Fetal Medicine at King's College Hospital- London. July 2011-August 2012: Endoscopic (Laparoscopic - Isteroscopic) Surgery and Laparotomy at Sacro Cuore Hospital Don Calabria - Negrar (VR) May 2011: I.V.F Department, Yale Fertility Center, New Haven - USA. Residency Ob/Gyn (2008-2013): University of Palermo.Medical School (20001-2007): University of Palermo.

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**Energy alterations in patients with Obesity****Huang Wei Ling***Medical Acupuncture and Pain Management Clinic, Brazil*

Obesity is an abnormal fat accumulation that impairs health. It is a result of imbalances between the energy expenditure and daily energy intake resulting in excessive weight gain. Purpose of this study is to demonstrate that obesity patients have internal five massive organs deficient in energy (Kidney, Liver, Heart, Spleen, Lungs) responsible for the production of vital energy to keep out health in a balance state. When imbalanced, there is accumulation of Phlegm (Spleen deficiency) with constipation (Blood deficiency) and retention of liquid due to Kidney deficiency and Qi deficiency (abnormal sweating during the day) and causing less energy to do exercises and accumulation of dirty inside the body due to less energy to eliminate them. Methods: through three clinical cases reports of patient with obesity diagnosis (body mass index  $>30$  kg/m<sup>2</sup>), they all were submitted to measurement of energy inside the five internal massive organs using a crystal-pendulum (radiesthesia procedure). Results: all three patients were in the lowest level of energy, rated one out of eight and the treatment rebalancing the energy of Yin, Yang, Qi and Blood, using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, systemic acupuncture, moxibustion and using highly diluted medications to replenish the energy of the internal five massive organs using homeopathy medications according to the theory Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine and crystal-based medications were very important tools used to replenish the energy of the organs and all the functions of glands, cells and systems were working better, the patient starts to urinate better, evacuating normally and reducing the size of the clothes. Conclusion of this study is that patients with obesity symptoms have energy deficiency in the five internal massive organs and the treatment rebalancing and replenishing these energies using highly diluted medications is of paramount importance to treat the cause of obesity, in the energy level and not just treating the symptoms.

**Biography**

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.

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**De Novo Lipogenesis Inhibitors: As the other innovative agents for therapy of Metabolic Diseases (Obesity, NAFLD/NASH, CVD) - A narrative Review****Kulvinder Kochar Kaur***Scientific Director of Dr Kulvinder Kaur Centre for Human Reproduction*

For survival fatty acids is necessary, working as substrates for bioenergy generation, structural constituents along with signaling molecules. With their key part, evolutionary modes by cells for fatty acids formation from alternative carbon resources via an event labeled as de novo" lipogenesis (DNL). In spite of the knowledge of significance regarding it's up regulation abnormalities being correlated with numerous types of pathological conditions. Attempt at hampering core DNL enzymes inclusive of citrate/iso citrate carrier(CIC),ATP citrate lyase ( ACLY), acetyl-coA carboxylase( ACC) along with fatty acid synthase( FAS) apparently should turn out to be a good therapeutic approach. Although numerous hurdles anticipated regarding effectiveness, selectiveness besides safety variable newer classes of synthetic DNL hampering agents have reached clinical stage generation besides becoming the basis for a newer class of treatment substances .Having earlier reviewed numerous articles regarding obesity along with its co-morbidities type2 Diabetes mellitus(T2DM) NAFLD /NASH here we have presented a narrative review regarding the evolutionary generation of DNL hampering agents as potential treatment agents .For this we review utilizing search engine PubMed, Google scholar; web of science; embase; Cochrane review library for which we have extracted data from earliest data with the recognition of significance of various enzymes besides their allosteric, covalent, transcriptional control of fatty acids generation& the problems encountered for their generation till date. Apart from obesity associated therapeutics their utility extends to acne vulgaris, various cancer therapies besides treating neuron generational diseases.

**Biography**

Kulvinder Kaur is the scientific director of DR Kulvinder Kaur Centre for Human Reproduction, Jalandhar, Punjab and India, where she manages the complicated cases of infertility. She graduated from LHMC Delhi in 1980 topping in medicine in all 3 medical colleges thereby getting the DR Devi Chand Gold medal from the late PM Smt Indira Gandhi & also topped in all the MBBS subjects prior to that eg anatomy, pathology, biochem etc. making her basics sound &later she managed the endocrine clinic in PGI Chandigarh during her MD days. Following that she reported the 40th world case hydrometrocolpos working in Saudi Arabia &has been working in the field of neuroendocrinology of obesity. GnRH control along with role of kisspeptins, prokineticins in human reproduction, AIDS & Cancer – during this period she managed to successfully treat the first case of nongestational choriocarcinoma of uterine body in a young girl medically thereby preserving her fertility-the first case in world literature of its kind .

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**Mentholated Cigarettes and Obesity****Maria Jose Miguez***Medical Doctor, Florida Department of Health, USA*

**Statement of the Problem:** Despite the old myth that smokers are skinnier, obesity is reaching epidemic proportions among smokers, and particularly among women. Since mentholated cigarettes are widely used by women, we assessed whether obesity was a result from menthol induced alterations. **Methods:** Smokers living with HIV and ready to quit were consecutively enrolled in our clinical trial. With a response rate of 98%, 154 female smokers were enrolled until 12/2018. Smoking history was obtained, and participants were grouped into users of mentholated cigarettes=Group 1, or Group 2 if non-mentholated users. The study visit includes collection of anthropometrics, along with a history of weight problems. Two main outcomes were examined: (1) the relationship between Body Mass Index (BMI) and proximal predictor variables derived from the Socio-Ecological Model: socioeconomic status, and unhealthy habits (dietary intakes, physical activities, sleep and smoking); and (2) the prevalence of overweight and obesity (BMI >30) and the history of obesity as a function of the type of cigarette used. **Result:** The prevalence of obesity among this group was 51%, whereas in the general population is 38.3% (NHANES). An association was found between obesity and one SES component, race/ethnicity. Two behavioural factors were significant: high consumption of sugars and use of mentholated cigarettes. The age of smoking onset did not differ between groups 1 and 2, suggesting that smoking onset was not triggered by their weight concerns. Weight gain associated with pregnancies tended to affect the development of obesity in women during midlife and beyond (OR=2.1 95% CI 0.7-7.1, p=0.07). However, the history of obesity did not differ between Groups 1 and 2. Binary regression confirmed in the adjusted model the effects of history of obesity during childbearing years, use of mentholated cigarettes, and limited physical activity on current obesity trends. **Conclusion and Significance:** Data points to the primacy of behavioural factors, such as the use of mentholated cigarettes. Analyses confirmed that obesity was not a precondition linked to start smoking, indicating that it is likely to be the consequence of using mentholated cigarettes. Reduced physical activity also is contributing to the rising obesity rates.

**Biography**

Miguez is a Medical Doctor with a PhD in immunology. She has been funded for the past 2 decades by the James and Esther King. As part of her tobacco work she has built this model on how mentholated cigarettes are doing additional harm above and beyond those inflicted by tobacco.

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**Secondary school male student's perception towards their Weight, Almethnab Town, Qassim, Saudi Arabia****Omer A. AsSaigal***Public Health Specialist, MPH student, MOH Saudi Arabia*

**Objectives:** To estimate the prevalence of the obesity and overweight among male Secondary School Students at Almethnab Town and to determine their perception towards their body weights.

**Methodology:** We surveyed male secondary school students in Almethnab town in Qassim using a self-administered questionnaire and weighing/height scale. All of the four male secondary schools were targeted. The calculated sample size was 256 students. A stratified cluster sampling technique was used to select research participants. Body mass index (BMI) was calculated and interpreted using web-based CDC childhood and adolescent BMI calculator. Weight status perception was assessed by comparing students' opinions about their weight against BMI percentile status.

**Results:** Out of 363 selected students, all of the available 270 students participated, with a response rate of 74%. Thirty-two (12.2%) of the students were underweight, 143 (54.6%) were normal, 30 (11.5%) were overweight, and 57 (21.8%) were obese. Students perception towards their weight was correct for 159 (65%) of students. Out of the 87 overweight/obese students, 16 (18.4%) perceived their weight as appropriate, 17 (53.1%) of 32 underweight students look at their bodies as normal, while 29 (20.4%) of normal weight students perceive themselves as overweight. Obese students exercise less both in frequency and duration than non-obese ones. Sweetened drinks, fast food and frequent snacks are weakly associated with obesity.

**Conclusion:** Prevalence of obesity is very high among male secondary school students in Almethnab town. One-third of students have misperceptions about weight status.

**Biography**

Omer A. AsSaigal is a public health specialist with a bachelor degree in public health from Qassim University. He also certified in diabetes educator. He is currently working as diabetes educator at the Diabetes and Endocrinology Centre, King Saud Hospital, Qassim, Saudi Arabia. He had previously worked as general public health specialist at a public health unit in a provincial health sector and also as a public health officer at a health information technology company. At present, he enrolled in a master's degree program in Health Promotion in King Saud University. He passionate about promoting healthy life style for his community.

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**Management of obesity in adolescence: Role of diet and lifestyle intervention****Sunita Mishra<sup>1</sup> and M.A. Firdaus<sup>2</sup>**<sup>1,2</sup>Babasaheb Bhimrao Ambedkar University (A Central University), India

The worldwide prevalence of obesity is of considerable source of concern given its potential impact on morbidity, mortality and cost of health care. The World Health Organization (WHO) has recognized obesity as a predisposing factor to measure chronic diseases ranging from cardiovascular diseases to cancer. Once it is considered a problem only in wealthy countries, WHO estimates overweight and obesity are now dramatically on the rise in low and middle income countries. Obesity is a multifaceted chronic condition with several contributing causes, including biological risk factors, socioeconomic status, health literacy, and numerous environmental influences. The dramatic increase in overweight and obesity among children and adolescents has become a major public health problem. Obesity during adolescence represents a strong predictor of obesity and higher mortality in adulthood and is associated with an increased prevalence of cardio metabolic risk factors. With obesity disproportionately affecting adolescents (ages 12–19 years), negative effects of excess adiposity may be particularly salient during this critical period of development. Obesity and eating disorders (EDs) are both prevalent in teen and adolescents. Most adolescents who develop an ED do not have obesity previously, but some teenagers, in an attempt to lose weight, may develop an ED. Adolescents often do not meet intake recommendations for certain food groups and nutrients, which may contribute to a heightened risk of obesity. Additionally, there is a relationship between obesity and psychosocial health, as adolescents with obesity may have increased levels of stress, depressive symptoms, and reduced resilience. Due to the serious implications of obesity in adolescents, effective treatments are urgently needed. The focus should be on a healthy lifestyle rather than just on weight loss. Lifestyle interventions promote knowledge and self-efficacy for healthful practices that have the potential to progress to sustained behaviour change.

**Biography**

Sunita Mishra is working as Professor and Dean SHS and Head, Food and Nutrition and HDFS in Babasaheb Bhimrao Ambedkar (Central) University, Lucknow. She has teaching experience of 30 years and Research Experience more than 28 years. Her field of specialization include Food & Nutrition, Development of value added products, Child Nutrition, Community nutrition, Clinical & therapeutic Nutrition, Geriatric Nutrition, Nutrigenomics foods, Nano packaging & Nanotechnology. She acquired a Doctor of Letters (D. Litt) from CCS University, Meerut, and was amongst pioneers from Home Science faculty. She has authored 354 research papers, of these about 263 found mention International Journals and 92 in national journal. She's a published author and written 23 books on Food Science.

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**Complementary feeding knowledge, practice, dietary diversity and associated factors among mothers of children 6-23 months in Guto Gida District, Oromia, Ethiopia.****Tamene Daba Rumicha***Wollega University, Ethiopia*

**Statement of the Problem:** The period for complementary feeding is crucial for growth, development and overall health of infants and young children. Lack of awareness in knowledge and practices towards complementary feeding among mothers will lead to improper practice of complementary feeding which may causes of children malnutrition, slower in recovery after illness and death. Hence, this study was aimed to assess complementary feeding knowledge, practice, and dietary diversity and associated factors among mothers of children 6-23 months of age in Guto Gida District, Oromia, Ethiopia. Community based cross sectional study design was conducted among 410 mothers who had children aged 6-23 months in the study area. Cluster and simple random sampling techniques were used to select the required sample. A face to face interview was conducted to collect data using semi-structured and structured questionnaire. In addition, focus group discussion was also included in this study.

**Findings:** The result of this study revealed that about one-third (33.7%) of the mothers had poor knowledge toward complementary foods. Besides to this, nearly half (47.8%) of the mothers had poor practices toward complementary feeding. Furthermore, the majority (72.7%) of the mothers had fed their children < 4 food groups whereas only 27.3% of the mothers had given ≥ 4 food groups. The overall findings were indicative of the problems of mothers' knowledge and feeding practice toward complementary foods, and dietary diversity of 6-23 months of age children. Therefore, all possible interventions should be applied by all the concerned bodies to improve mothers' knowledge and practice towards complementary foods, dietary diversity of children and thus to improve child survival.

**Biography**

Tamene Daba Rumicha is a researcher and lecturer in Wollega University, college of agriculture. He has an experience in laboratory works, field researches and community services in different areas of the rural society.



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**Nutrient intakes among Jordanian adolescents based on gender and Body Mass Index****Thanaa Jaraedah***Clinical Nutrition and Dietetic, Jordan*

**Background:** This study was conducted to examine the dietary intakes of macro- and micronutrients for Jordanian adolescents based on gender and compare their intake to the Dietary Recommended Intakes (DRIs).

**Methods:** A sample of 398 male and female adolescents, aged 14-18 years, was recruited from private and public schools using convenience sampling. Socio-demographic questionnaire and 3-days food record were self-reported. Bodyweight and height were measured and body mass index (BMI) was calculated for all participants. Results: There were no significant differences between male and female adolescents regarding the intake of micro and macronutrients except for protein, insoluble fibre, saturated fat, cholesterol, omega-6, vitamin E and calcium. The intake of insoluble fibre (g/day), omega-6(g/day), and vitamin E (mg/day) was significantly higher in female adolescents ( $3.1\pm 0.1$ ,  $5.6\pm 0.5$ , and  $3.1\pm 0.3$ , respectively,  $P\leq 0.05$ ) compared to male adolescents ( $2.9\pm 0.1$ ,  $5.1\pm 0.4$ , and  $2.5\pm 0.2$ , respectively,  $P\leq 0.05$ ). On the other hand, the intakes of protein (g/day), saturated fat (g/day), cholesterol (mg/day), calcium (mg/day) were significantly higher in male adolescents ( $90.1\pm 2.3$ ,  $31.7\pm 1.0$ ,  $339.2\pm 18.3$ , and  $651.5\pm 27.8$ ) as compared with female adolescents ( $79.2\pm 2.1$ ,  $29.2\pm 1.2$ ,  $263.6\pm 14.9$ , and  $555.2\pm 21.7$ ) ( $P\leq 0.05$ ). Comparing of the adolescents' nutrients intake to the DRIs, many nutrients were found to be below or above the recommendations. Conclusion: The study findings highlighted that there is an urgent need to establish a plan of action to combat malnutrition among adolescents in Jordan.

**Biography**

Thanaa Jaraedah has her expertise in evaluation and passion in community health like: schools nutrition, refugee's camps, pregnant health, her PhD thesis was about the Impact of COVID-19 Pandemic on Food and Nutrition Security and Dietary Habits among Syrian Women in Azarq and Zaatari Refugees Camps in Jordan. In addition to she worked with NGOs to help refugees.

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## **Obesogenic behaviour and binge eating disorder in an elderly female with Schizophrenia**

**Vishnupriya***Madras Medical College, India*

Eating disorders like binge eating have a strong connection with schizophrenia. Problems like disordered eating, cognition and abnormal behaviour in Schizophrenia can itself precipitate eating disorders. Altering the obesogenic behaviours by adapting healthy eating habits is effective in reducing the bingeing episodes. Previous researches have highlighted certain common things like neuronal structures; hormones like hypocretin to be responsible for the origin of eating disorders in Schizophrenia. Antipsychotic medications have a role in altering the eating patterns in patients with schizophrenia. High incidence of eating disorders is found in adolescents with psychosis. Here we present a case report of an elderly female with obesogenic behaviour and binge eating disorder. Our patient has an atypical age of onset and there were no psychopathological symptoms contributing to the bingeing.

### **Biography**

Vishnupriya completed her MD Psychiatry from the prestigious Madras Medical College, Chennai in 2018 and finished her Diplomate in National Board from National Board of Examinations, NBE in 2019. Following the completion of her MD, she worked for 3 yrs. in a private medical college as an Assistant Professor and she also run her own clinic. She has experience in procedures like Electroconvulsive therapy (ECT) and I.V Ketamine therapy for depression. She treats all sort of mind related problems like depression, anxiety, sleep related issues, addiction, psychosis, schizophrenia, behavioural changes, mood problems, neuropsychiatric manifestations of epilepsy, stroke, brain injury, endocrine disorders thorough medicines as well as psychotherapy. Her field of interest are neuropsychiatry, geriatric psychiatry, women and mental health