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26th European Congress on Obesity

Glasgow, UK, 28 April – 01 May, 2019

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Aims and Scope
‘Obesity Facts’ publishes articles covering all aspects of obesity, in particular epidemiology, etiology and pathogenesis, treatment, and the prevention of adiposity. As obesity is related to many disease processes, the journal is also dedicated to all topics pertaining to comorbidity and covers psychological and sociocultural aspects as well as influences of nutrition and exercise on body weight. The editors carefully select papers to present only the most recent findings in clinical practice and research. All professionals concerned with obesity issues will find this journal a most valuable update to keep them abreast of the latest scientific developments.

Special sections comprising a variety of subspecialties reinforce the journal’s value as an exhaustive record of recent progress for all internists, gastroenterologists, endocrinologists, pediatricians, dieticians, nutritionists, bariatric surgeons, psychologists and psychiatrists, occupational health practitioners, sports medicine specialists, ecotrophologists, sociologists, and biologists as well as prevention and public health researchers. In addition, ‘Obesity Facts’ serves as an ideal information tool for the members of the pharmaceutical and food industry as well as those active in nutritional research and medicine.
Hormonal dysfunction can have a major and often complex impact on all key components of the metabolic syndrome. This book comprises state-of-the-art reviews on the subject written by recognized experts in the field of endocrinology. Each chapter covers specific manifestations associated with the metabolic syndrome in classic endocrine diseases. Compelling questions are highlighted and future directions presented. The topics covered include hypopituitarism, adrenal insufficiency, acromegaly, glucocorticoid excess, androgen excess, hypogonadism, prolactin, and thyroid and parathyroid hormone abnormalities.

This book is meant to inspire subsequent research related to metabolic complications in endocrine diseases, thus enabling early detection as well as prompt and appropriate management.
Traditional Chinese medicine intervention based on herbal formula XRHZ may contribute to managing body weight in Chinese simple obese patients

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Introduction: Obesity is a worldwide serious healthy issue. Recently, the prevalence of obesity increases rapidly. However, only orlistat is approved as oral anti-obesity medication by Chinese government. Traditional Chinese Medicine (TCM) herbal therapy has been proved effectiveness in weight management by meta analyses. It also showed some disadvantages, like short observation and low Jadad score.

Methods: A 12-week randomized, double-blind, placebo-controlled study was designed to evaluate the effectiveness of a TCM intervention in simple obese patients characterized by TCM Syndrome of dampness-heat accumulation in spleen and stomach. All subjects were randomly assigned to take XRHZ granule or placebo granule once daily. They were followed every 2 weeks by out-patient clinic, instructed by nutritionist to perform calorie-restrict diet and encouraged to adhere to 150 minutes moderate-intensity exercise per week recorded by sports bracelet. This study was registered in Chinese Clinical Trial Registry (No. ChiCTR-TRC-17013779).

Results: Of the 75 subjects randomized, 68 (age 39.7±11.6 yrs, BMI 33.1±4.8 kg/m², male 47.6%) were included in the ITT analysis. The BW, BMI, WC, fat mass index (FMI) and trunk fat mass percent (TFM%) in XRHZ group were reduced by 4.2 kg, 1.4 kg/m², 6 cm, 1.2 kg/m² and 2.1%, those in placebo group were reduced by 1.2 kg, 0.4 kg/m², 2 cm, 0.2 kg/m² and 0.7% respectively. There were significant differences in BW, BMI, WC and FMI between two groups. Adverse events were minor in both groups.

Conclusion: TCM Intervention based on herbal formula XRHZ may help Chinese simple obese patients manage body weight, waist circumstance and fat mass.

Conflict of Interest: None Disclosed.

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Self-monitoring behaviours among adults with obesity attending a tier 3 weight management service

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Introduction: Self-monitoring (SM) has been identified as the foundation of behavioural weight loss interventions. SM in behaviour change is strongly connected to self-regulation theories and is central to this process¹. Historically, significant connections have been shown between this method, and weight-loss².

Methods: We examined the use of SM techniques in a sample of adults attending a tier 3 Weight Management Service in two separate SM areas; diet and self-weighing. Data was collected at baseline and 6 months as part of a standard questionnaire which asked 'How often do you use a food diary/tracker to monitor what you are eating' and 'How often do you currently weigh yourself'. Analysis was conducted using Microsoft Excel 2010 (Microsoft, Washington, USA) and IBM SPSS Version 25.0. Data was expressed as mean ± standard deviation.

Results: Data for baseline and 6 month SM was available for n=502 (62.4% female). Mean age at baseline was 45.92±11.84 years. Mean weight at baseline was 145.69±28.28kg. Mean BMI at baseline was 51.23±8.36kg/m². At baseline 20.3% checked weight at least once per week. At 6 months this was 34.3%. SM weight did not differ significantly across gender (p = 0.307). However, significantly less women never checked their weight compared to males (25.2% and 32% respectively) (p = 0.026). Baseline weight was significantly higher in individuals who reported never SM their weight vs. those who SM at least once a week (149.8kg vs. 141.65kg respectively) (p = 0.006). At 6 months, more men than women never SM using a food diary (62.4% vs. 50.2% respectively), however this was not found to be statistically significant (p = 0.057).

Conclusion: This appears to be one of the first analyses of dietary and weighing self-monitoring techniques in adults with obesity attending a Tier 3 Weight Management Service in Ireland. It is important to raise awareness of the efficacy of self-monitoring as a weight management strategy as it may be associated with baseline weight. Reasons for not monitoring weight or food intake should be explored at the beginning of weight management programmes, as specific challenges such as access to appropriate scales or poor literacy may apply. Healthcare professionals

Adapting the ToyBox Study for application in Malaysian kindergartens


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Introduction: As obesity rates continue to rise in Malaysia, early life intervention may be the key to preventing later life health complications. This study was conducted to assess the feasibility of adapting a European kindergarten-based family-involved intervention programme for implementation in Malaysian kindergartens.

Methods: The ToyBox Study programme aims to improve four key energy-balance related behaviours, namely drinking water, choosing healthy food and snacks, increasing physical activity, and reducing sedentary behaviour. We conducted the project in three phases: (i) Preparation, which involved adaptation of European ToyBox-Study components into Malaysian context, (ii) Implementation, which was conducted in selected urban and rural kindergartens, and (iii) Evaluation, which involved assessment of feasibility and effectiveness in comparison to control kindergartens. Pre- and post-intervention assessments included behaviour change, physical activity, dietary intake and health-related outcomes as measured by questionnaires, accelerometer and anthropometry.

Results: The adaptation of Toybox Study materials and questionnaires was completed in 2017, and included focus group discussions and Theory of Change workshops with kindergarten teachers and parents of preschoolers. Materials were translated into the Malay language and included Malaysia-specific content, such as types of food, and context, such as the introduction of the #SukuSukuSeparuh Healthy Eating Plate. The modules prepared were Teachers’ Guide, Jom Minum! (Let’s Drink!), Jom Aktif! (Be Active!), Makanan dan Snek Sihat (Healthy Food and Snacks), and Tingkahluaka Sedentari (Sedentary Behaviour). The feasibility study was conducted throughout year 2018 at 15 urban preschools in Kuala Lumpur and Selangor, and 7 rural ones in Sarawak, with 18 and 8 control preschools at the respective locations. Baseline and outcome measures were assessed at the beginning and towards the end of the 2018 school year.

Conclusion: The European Toybox-Study programme was successfully adapted and implemented at selected kindergartens in both urban and rural Malaysia. This presentation will share some preliminary outcomes from the ToyBox Study Malaysia. We are hopeful that the ToyBox Study programme will help preschoolers and their families achieve healthier behaviours, and are optimistic that it can be sustained and be adopted by other kindergartens in Malaysia.