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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.

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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.

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PO2.093 Perspectives of teachers and parents towards a preschool intervention in Borneo: ToyBox Malaysia

Lee, J. A.1; Cheoh, W.; Anchang, G. N.1; Hung, E. S.1; Poh, B.1; Gibson, E. L.1
1Universiti Malaysia Sarawak, Kota Samarahan, Malaysia
2Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia
3University of Roehampton, London, UK

Introduction: Although there are many studies on childhood obesity prevention including intervention studies on healthy energy balance-related behaviours in developed nations, such studies are scarce in Borneo. The aim of the present study was to elicit teachers' and parents' perspectives on a childhood intervention study: ToyBox Study Malaysia is aimed at improving healthy energy balance-related behaviours among preschoolers, focusing on healthy snacking, drinking water, reducing sedentary behaviour, and increasing physical activity.

Method: The research design for this needs assessment was a descriptive-interpretive qualitative study. The setting involved rural government kindergartens in Sarawak, one of the states of Malaysia, which is located on Borneo Island. Six intervention kindergartens out of a total of seven ToyBox Study Malaysia intervention kindergartens participated in this study. All nine teachers from the six kindergartens were recruited to take part in the study. A total of three parents from each of these six kindergartens also participated. Semi-structured focused group interviews were conducted with teachers and parents in one group per kindergarten. The interviews were video-recorded and transcribed verbatim. Data analysis was guided using a framework and themes from the interview.

Results: Several themes emerged: (i) knowledge and awareness about ToyBox; (ii) changes in healthy energy balance-related behaviours in drinking, eating and snacking, sedentary behaviours, and physical activities; (iii) roles of school/teachers and family in ensuring the success of the intervention programme; (iv) water bottle and the #SukuSukuSepahru (#QuarterQuarterHalf) Healthy Eating Plate as mediational tools to foster good drinking and eating habits; (v) advantages of ToyBox; and (vi) expectations of ToyBox as a holistic means to a balanced diet including concerns about underweight children in the study.

Conclusion: This study enabled us to better understand aspects of the ToyBox Study Malaysia intervention programme. The programme has potential to foster positive healthy energy balance-related behaviours among the preschoolers through buy-in from parents and teachers. Transformation and changes in knowledge, behaviour, and motivation of these two parties about obesity and healthy energy balance-related behaviours are important for empowering parents, teachers, and children to adopt this programme in Borneo.

PO2.095 Adolescents' lifestyle and the influence of their food choices

Frontini, R.1; Sousa, P.1; Ferreira, J.2
1CiTechCare – Centre for Innovative Care and Health Technology, Polytechnic Institute of Leiria, Portugal
2School Alexandre Herculano, Santarém, Portugal

Introduction: Overweight and obesity reached epidemic levels worldwide. Thus, it is urgent to implement programs to prevent it. Considering it is a multifactorial problem, research teams must be multidisciplinary, and studies should focus on different variables, considering different areas of knowledge. Literature reinforces that adolescent food choices are related to health-promoting lifestyle and healthy behaviours. Therefore, the main aim of this study was to better understand adolescent's food choices and their relationship with adolescents' lifestyles.

Methods: The sample for this study was recruited in a public school in the centre of Portugal. The adolescents comprised in the sample were engaged in a multidisciplinary program aiming to prevent adolescents overweight and obesity. Participants included 61 adolescents aged between 11 to 16 years (M = 12.37; SD = 0.93), with the majority of the sample being female 55.7%. The Portuguese versions of the Adolescent Lifestyle Profile and the Food Choices Questionnaire were used.

Results: The adolescent food choices were mostly influenced by the sensitivity of adolescents (M = 1.05; SD = 0.69) and the humour (M = 0.89; SD = 0.71), and minor influenced by ethics (M = 0.25; SD = 0.83) and convenience (M = 0.31; SD = 0.87). Adolescents presented moderate indices of health-promoting lifestyle (M = 2.77; SD = 0.43). Regarding the correlation between food choices and the adolescent lifestyle profile, it was found that those teenagers who tend to choose more convenient foods also tend to present lower health-promoting indices (r = -0.26; p<0.05), namely in the nutrition, positive life perspective and interpersonal relations subscales (p<0.05).

Conclusion: In order to better tailor intervention and prevention programs, it is of utmost importance to understand adolescents' food choices. The better the reasons for young people's food choices are known, the better intervention and prevention programs may be, helping them to behave in a healthier way. Our study highlights that sensitive qualities and humour may be important in adolescents' food choices. Moreover, adolescents that usually select more convenient foods, also tend to present lower health-promoting indexes, suggesting that there must be a relationship between the two variables. Future studies may try to highlight what may mediate this relationship. This study also reinforces the importance to work in multidisciplinary teams in order to fight overweight and obesity.

Conflict of Interest: No conflict of interest.

Funding: Research relating to this abstract was supported and co-funded by the FEDER (European Regional Development Fund), under the Portugal 2020 Program, through COMPETE 2020 (Competitiveness and Internationalization Operational Program).

PO2.096 Association between anthropometric measures, physical activity and adolescents’ lifestyle

Frontini, R.1; Sousa, P.; Ferreira, J.2
1CiTechCare – Centre for Innovative Care and Health Technology, Polytechnic Institute of Leiria, Portugal
2School Alexandre Herculano, Santarém, Portugal

Introduction: Overweight/obesity rates are rising all over the world. Thus, it is of utmost importance to implement programs to prevent the appearance of what was already considered as the epidemic of the 21st century. In order to better tailor those programs, several important variables of the studied population must be checked. Therefore, the main aim of this study was to characterize a sample of adolescents regarding a number of body composition variables, as well as examining some physical activity exercises. Moreover, the relationship between these 3 types of variables was checked.

Methods: For this study, a sample was recruited in a public school in the centre of Portugal. The sample included 41 adolescents aged between 11 to 15 years (M = 12.40; SD = 0.85), with the majority (57.1%) being girls. To assess adolescent’s lifestyle, the Adolescent Lifestyle Profile was used. Some anthropometric measures were also assessed: weight, height and abdominal perimeter. Adolescents also performed some physical exercises namely crunches, push-ups and horizontal and vertical jumps. These tests are part of a major test battery called FitEscolas, which is used every year in the majority of portuguese schools.

Results: Adolescents presented moderate indices of health-promoting lifestyle (M = 2.80; SD = 0.38). Regarding their body composition, the mean BMI was 20.99 (SD = 4.92) and the mean abdominal circumference was 78.39 (SD = 11.98). As regards to their muscular fitness, adolescents performed 29.71 (SD = 23.15) crunches and 9.77 (SD = 8.12) push-ups. No significative correlation was found between adolescent lifestyle and body composition. However, health-promoting nutrition was correlated (p<0.05) with muscular fitness (namely the number of crunches and the horizontal jump).

Conclusion: Understanding some of the characteristics of the study population is of utmost importance in order to better tailor prevention programs. This study is part of the TeenPower project, an eHealth program aiming to prevent overweight/obesity and promote healthier behaviours.