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Association between birth weight and some metabolic syndrome parameters among medical students in Al-Neelain University, Faculty of Medicine

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Introduction: Epidemiological evidences suggest a strong relation between birth weight and some diseases in adult life (hypertension, diabetes, cardiovascular diseases (CVD)). It is thought that an adverse intrauterine environment provokes adaptive response to ensure fetal survival which if persist into adulthood may cause metabolic and CVD disease.

Aim: The aim of the present study was to identify association between birth weight and metabolic syndrome parameters among medical students, aiming to avail information to build the natural history of weight gain during early adulthood.

Methodology: This descriptive cross-sectional study conducted in Al-Neelain Public University; done as part of a larger study that examined the prevalence of obesity among 50 medical students whose birth weight data were involved in this study. Ethical approval was obtained and data (collected by questionnaire, blood pressure, anthropometric measurements and blood sample) were analyzed using SPSS (version23).

Results: In this study metabolic syndrome (MetS) prevalence was 2% and 4.1% using IDF and ATPIII definitions respectively. MetS risk factors were highly prevalent, 32.6% for obesity and overweight; 48.1% for hypertension and pre hypertension. The relationship between birth weight and adulthood obesity show inverted J shape relation with a tendency for higher BMI among lower birth weight. LBW show statistical significance in relation to uncontrolled eating habit; P value=0.004 when compared to appropriate birth weight. Mean value for BP was higher among large for gestational age (LGA) and low birth weight (LBW) compared to appropriate birth weight individuals.

Conclusion: High prevalence of overweight/obesity as well as pre-hypertension/HTN; an inverted J shape relationship between birth weight and adulthood obesity was found.

Recommendation: Prevention of abnormal birth weight development through proper antenatal care.

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Eating disorders in underrepresented male populations

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Women comprises of 85-90% of the clinical population suffering from a diagnosable eating disorder (Jackson, 2008). Research on eating disorders in men, however, is nearly obsolete (Strother, Lemberg, Stanford & Tuberville, 2012). There are numerous societal and biological reasons why men suffer from eating disorders significantly less frequently than woman. This review will explore the various possibilities accounting for the reasons why men, older men, gay men and ethnic men have been ignored in literature, research and treatment of eating disorders, and the consequences of the dearth of information. It further will address the stigma, environmental, cultural, and biological influences of men with eating disorders. Since the majority of the individuals affected by eating disorders are women, much of the research in this field is catered toward that population, which leaves men with an uncertain etiology, pathology and questionably effective treatment.

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