

729. PARENT'S AWARENESS OF THEIR FIFTH GRADERS WEIGHT STATUS IN RURAL SOUTH DAKOTA, USA

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The study aim was to determine parental concern and awareness of their fifth grade child's weight status. Child height and weight were obtained and the Parent Awareness Questionnaire (PAQ) was completed by parents in five rural South Dakota (SD) schools. Centers for Disease Control and Prevention body mass index (BMI) categories (<5th percentile = underweight, ≥85th to <95th percentile = overweight and ≥95th percentile = obese) were used to classify weight status. 36% of the children (n = 78) were overweight (23%) or obese (13%). 82% of mothers and 77% of fathers completed the PAQ. The PAQ responses were compared to BMI assessments for each child. Correct weight status assessments were made by 20% of mothers and 23% of fathers of overweight children and 0% of mothers and 13% of fathers of obese children, while the remainder under-assessed their child's weight. In parent weight status assessment by gender, 44% of mothers and 34% of fathers under assessed male children and 28% of mothers and 23% of fathers under assessed female children. There was no significant difference between mothers and fathers correct assessment of their child's weight status. 14% of mothers and 12% of fathers were worried that their child was overweight. Within the area evaluated in rural SD, parents of overweight and obese children were largely unaware of their child's true weight status. Parental awareness may be important to prevent and treat childhood obesity.

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732. RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BODY COMPOSITION IN COLLEGE STUDENTS

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Overweight is associated with the higher prevalence of chronic diseases. The daily practice of exercise lead to decrease the body fat percentage, the prevention and treatment of obesity associated with diseases. The aim of this study is to assess the influence of physical activity in body composition of college students. The study included 271 students (91 men, 180 women), the average age being 21.6 ± 2.8 years old. Body fat percentage was obtained by bioelectrical impedance analysis and the physical activity by the International Physical Activity Questionnaire. Data were analysed using descriptive statistics, Kruskal–Wallis, ANOVA and Turkey test, in statistical software SPSS vs. 18.0. The results showed that the moderate level of physical activity was more prevalent among students of both genders. In males, we found that physical activity influenced body fat % ($p = 0.03$). A multiple comparison analysis identified a statically significant difference ($p = 0.005$) between fat % of individuals classified with a low level ($18.0 \pm 5.6\%$) and those with a vigorous level ($14.5 \pm 3.7\%$) of physical activity. The opposite was found for female, didn't exist statically significant differences between physical activity and body fat %.

740. THE EFFECT OF MUSK MELON SEED RECIPES ON MALNOURISHED PRESCHOOLERS

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One in three preschoolers in developing countries is undernourished. Consequently, they are likely to have impaired immune systems, poor

cognitive development and susceptibility to diet-related chronic diseases. Muskmelon seeds may helpful as a home remedy in combating the malnutrition because it has a significantly high nutritional value; resulting in a number of health benefits to its consumers. It contains Vitamin A, B, C and minerals like magnesium, sodium and potassium. As it is rich in potassium & vitamin C, it can help in control blood pressure, prevent the risk of strokes, reduce the problem of developing kidney stones and work as anti oxidant. Musk melon seeds are also rich in protein and fat which are useful in combating malnutrition. The objectives of present experiment were to measure the effect of musk melon seed on malnutrition & to assess the nutritional status of preschoolers of low income group by anthropometric method. 100 subjects, through randomization, were taken as sample in Ghaziabad city. The data was collected through questionnaire (includes general, nutritional & non-nutritional profile with 3 days dietary recalls). To assess the effect of seeds experimental group (50 subjects) were treated with musk melon seed (20 gm/day) for 45 days in the form of mixture and with milk while control group (50 subjects) not imparted with musk melon seed. Mean, Standard deviation, t-test were used as statistical techniques to draw results which have been reported positive regarding musk melon seed recipes on nutritional status of preschoolers.

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742. THE E-NUTRITION JOURNEY: NUTRITION SCREENING IN THE OLDER PEOPLE'S WARDS, MIDDLEMORE HOSPITAL, SOUTH AUCKLAND 2001–2011

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While it is widely recognized that nutrition screening facilitates early identification and treatment of malnutrition, in practice there are few reports of successful in-patient screening initiatives. This paper explores obstacles and facilitators to implementing e-Nutrition (a simple, computer-based screening tool) on the Older People's wards, Middlemore Hospital 2001–2011. A nutrition audit, using the Mini Nutrition Assessment, in the Older People's wards (N = 71) in 2001 found that 24% were malnourished and 44% at-risk of malnutrition, of these only 58% and 22% respectively were referred for nutrition intervention. This audit supported the need for nutrition screening, and subsequently e-Nutrition was developed, validated and piloted (2003–2005). The decision to implement e-Nutrition in 2006 was thwarted by limited dietetic staffing. In 2008 increased dietetic hours supported training of nurses to complete e-Nutrition. This was, however, abandoned due to concerns regarding reliability and nurses' workloads. Thus, a part-time dietitian assistant was appointed to undertake the screening, on a small scale. As this worked well, nutrition screening was rolled out to other Older People's wards in 2009, and is now established practice. Benefits of this initiative have been: increased awareness of nutrition, increased dietetic and assistant staffing levels, bypassing the reliance on doctors and nurses to make referrals, early identification and prioritization of high risk patients. e-Nutrition results are displayed on Concerto (a clinical information system) and provide a lasting, and easily accessible record. Critical success factors include enlisting the support of key stakeholders, having a project champion and perseverance despite set-backs.

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