

Obesity Facts

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ORAL SESSIONS

Wednesday, 17 May 2017

OS1 – Psychology & Behaviour

OS1:OC19

Is food addiction a singular and distinct entity from binge eating?

Long, C.¹; Blundell, J.¹; Finlayson, G.¹

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Introduction: The concept of 'food addiction' (FA) has stimulated a surge in research and debate in the scientific literature recently. Much research depends on the use of the Yale Food Addiction Scale (YFAS) to categorise individuals as 'food addicts'. A systematic review found that YFAS 'diagnoses' are consistently associated with binge eating, warranting investigation into whether the YFAS is able to identify any unique 'addiction-like' qualities beyond those already accounted for by the Binge Eating Scale (BES). **Methods:** A large cross-sectional study of male and female UK adults (N: 667, minimum age: 18, mean: 26.27, SD: 11.05) was conducted between April 2015 and March 2016. The questionnaires measured a range of eating-related behaviours, consumption of alcohol and drugs, addictive behavioural traits and psychological wellbeing, including the Control of Eating Questionnaire, Power of Food Scale, Three Factor Eating Questionnaire (disinhibition subscale), Eating Disorder Examination (restraint subscale), Alcohol Use Disorders Identification Test, Drug Abuse Screening Test, Addiction Prone Personality Scale, Beck Depression Inventory, World Health Organisation Quality of Life, State-Trait Anxiety Inventory and the Perceived Stress Scale.

Results: 7.6% of the sample met the YFAS criteria for 'food addiction' (N = 51) whilst the mean 'symptom count' was 1.88 (SD: 1.45). YFAS 'symptom count' correlated most strongly with BES (R = 0.66). The BES correlated as strongly as YFAS with all other measures of eating pathology, addictive personality and psychological wellbeing.

Conclusions: Based on the remarkably similar overlap between the YFAS and BES with other eating, wellbeing or addiction-related behaviours, these results suggest that any unique behaviours supposedly identified by the YFAS do not appear to be distinct from binge eating. A clear definition of FA as a distinct condition is needed before there can any scientific basis for its validation.

Conflict of Interest: None Disclosed

Funding: Sugar Nutrition UK funded research relating to this abstract

OS1:OS20

How important is fatness to young children's friendship choices, preferences, and self-identification?

Charsley, J.¹; Collins, S.¹; Hill, A.¹

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Introduction: Evidence that young children may display anti-fat attitudes is testimony to the pervasiveness of stigma and prejudice directed at people with obesity. This also presents a practical challenge to those working in early intervention or prevention; how not to introduce or escalate this negativity. In fact, there's a lot we don't know about young children's views

on fatness, especially relative to other physical differences. Accordingly, this study used a Personal Construct methodology to investigate whether fatness dominated young children's judgements of physical appearance.

Methods: N = 85 Primary school children (m = 5.7 yr) were presented with detailed colour drawings of visibly different child characters: fat, opposite sex, in a wheelchair, or same sex and health weight ('standard'). Using a simple repertory grid, children identified the main differences between pairs of characters, which of each pair they would choose as a friend, and which they were most similar/different to and preferred. The choices and reasons given were recorded and transcribed.

Results: Being fat, the opposite sex, or in a wheelchair were equally likely to be identified as most different from the standard character. A difference in body weight or shape was mentioned in only 8% of the reasons given. More common were differences in sex (12%), hair (20%), being in a wheelchair (27%), and the clothes worn (29%). There were no differences in friendship choices between characters, with children significantly more likely to choose the character who was the same sex, not in a wheelchair, and not fat. Fatness was referred to in only 11% of reasons for rejection as a friend. More physical than social reasons were apparent in children's preferences for, and rejection of, character features for themselves. Again, there was little distinctive about the fat character in comparison with that of the opposite sex or in a wheelchair. There was variation in children's views and occasional extreme views. One of the 2 most overweight children identified fatness as the most important difference and as the character they would least like to be. They also expressed strong anti-fat views.

Conclusion: This combined Personal Construct and listening approach allowed young children to give 'first person' views on fatness relative to other visible differences. That a character's fatness was of low importance in the great majority of these social and identity choices does not contradict the wider literature on obesity stigma. Rather, it is a reminder to those working with young children that how we see the world may be different to their world view, for a time at least.

Conflict of Interest: None

Funding: None

OS1:OC21

Associations between health-related quality of life and body mass index in Portuguese adolescents: LabMed Physical Activity Study

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Introduction: In adolescence there are several biological and psychological changes associated with overweight and obesity. The purpose of this study was to analyze the associations between Health-Related Quality of Life (HRQoL) and body mass index (BMI) in adolescents.

Methods: This is a cross-sectional analysis of 957 Portuguese adolescents (446 girls and 511 boys) aged 12–18 years. A series of variables were collected: a) HRQoL was assessed using the Kidscreen-10 questionnaire; b) Socioeconomic status (SES) was measured using the Family Affluence Scale; c) body composition (weight, height) were measured according to standard protocols and, d) pubertal stage was assessed with Tanner stages.

Results: HRQoL was significantly higher in boys than girls ($p < 0.05$). The prevalence of overweight and obesity was 23.5% and 6.7% in girls and 21.3% and 5% in boys, respectively. The association between HRQoL with

dieting and former weight change showed a statistically significant interaction between dieting and weight change for the FMI change ($P = 0.05$) but not for the FFMI change ($P = 0.71$). The FMI growth was strongest in those who had previously lost weight being 3.01 kg/m^2 in dieters and 2.61 kg/m^2 in non-dieters, whereas those not dieting and had maintained their weight during the previous year had growth of 2.15 kg/m^2 .

Conclusion: During the follow-up FFMI was reduced and FMI grew. The FMI growth was strongest in dieters who had lost weight during the previous year before the baseline examination, suggesting a reverse long-term effect of dieting in the general population.

Conflict of Interest: None Disclosed

Funding: Research was funded by The Finnish Cultural Foundation.

T2P139

Self-reported sleep duration and daytime napping are associated with risk of overweight/obesity: A cross-sectional study among adults in South West China

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Introduction: The increasing prevalence of obesity has become one of the most serious threats to public health in China. Previous studies have shown that sleep duration and daytime napping might be associated with obesity and the associations vary across country and race. We aim to examine whether sleep duration and daytime napping are related to overweight/obesity among adults in South West China.

Methods: A total of 1,452 adults (65% men) aged 20–70 years were randomly selected. Sleep duration and daytime napping were self-reported using a validated questionnaire. Sleep duration was categorized into 5 groups (≤ 5 hours, 5–6 hours, 6–8 hours [reference], 8–9 hours, ≥ 9 hours). Height and weight were measured to calculate body mass index. Overweight/obesity was defined according to Working Group on Obesity in China (WGOC) criteria. Logistic regression models were used to estimate the odd ratio (OR) and 95% confidence interval (95% CI) of overweight/obesity, with adjustment for age, gender, occupation, education, marriage, hypertension and diabetes.

Results: Mean sleep duration was 8.0 hours. Approximately 65.4% of subjects had daytime napping habit. After adjustment for potential confounders, OR (95% CI) of overweight/obesity was 0.71 (0.57–0.88) for nap takers compared with individuals without daytime napping habit. Short sleep duration (≤ 5 hours) was significantly associated with an increased risk of overweight/obesity only among young and middle-aged adults (OR: 1.91, 95%CI: 1.22–3.00), but not in those aged 60 years and above.

Conclusion: Individuals with daytime napping habit had lower risk of overweight/obesity. Short sleep duration was associated with higher risk of overweight/obesity among young and middle-aged adults in Southwest China.

T2P140

Serum levels of 25 (OH) vitamin D in overweight and obese adults

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Introduction: Overweight and obesity are major factor in etiology of insufficiency or deficiency of vitamin D deficiency in adult populations.

Objective: To investigate the serum levels of 25 (OH) vitamin D in adults with overweight and obesity in Sofia.

Method / Design: Two hundred sixty four adults with normal BMI ($18.5 - 24.9 \text{ kg / m}^2$), overweight (BMI: $25.0 - 29.9 \text{ kg / m}^2$) and obesity (BMI $> 30.0 \text{ kg / m}^2$) participated - 109 men and 155 women, in the period from

January to April of 2014 and 2015. With normal body weight were 27.3%; overweight were 24.6% and obese adults were 48.1%. Food consumption was examined by 24-h recall, food frequency questionnaire (FFQ), and the physical activity level (PAL) by IPAQ. Physical examination (body height and weight, waist circumference, blood pressure) were performed. Body composition was measured on leg to leg body impedance analyzer (Tanita BC 420 MA, Tanita Corp., Tokyo, Japan) and dual-energy X-ray absorptiometry (DXA) on the GELunarProdigyPRO. Further defines the following indexes: W / Ht, FMI, FFMI, ALMI, ALM / BMI. Serum levels of vitamin D were measured as 25(OH)D Total (Immunotest, Roche Diagnostics, Switzerland).

Results: The mean serum 25 (OH) vitamin D for the entire sample was $38.15 \pm 22.84 \text{ nmol / l}$ ($39.25 \pm 21.94 \text{ nmol / l}$ in men and $37.37 \pm 23.49 \text{ nmol / l}$ in women) and respectively for those with normal BM - $48.8 \pm 25.9 \text{ nmol / l}$ ($53.45 \pm 26.45 \text{ nmol / l}$ in men and $47.13 \pm 25.7 \text{ nmol / l}$ in women). The mean serum 25(OH) vitamin D levels were $34.16 \pm 20.25 \text{ nmol / l}$ in group with overweight and obesity ($37.82 \pm 21.09 \text{ nmol / l}$ in overweight and $32.28 \pm 19.63 \text{ nmol / l}$ in obesity). We were able to find a statistically significant difference in average levels of 25 (OH) vitamin D in adults with normal BMI and the group with overweight and obesity. The sub-analyses (men versus women) did not produce any additional information.

Keywords: 25(OH) vitamin D, overweight, obesity, fat mass

T2P141

Sexual satisfaction and binge eating behaviors: Correlation study

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Introduction: As basic human needs, diet and sexuality depend on the connections of multiple systems (muscular, neuro-endocrine, metabolic and reproductive), as well as aspects related to emotions, feelings and pleasure.

Methods: A transversal, exploratory and quantitative, descriptive and correlational study. The instruments for data collection were the following: a questionnaire to describe the participants, the Index of Sexual Satisfaction (ISS) and the Binge Eating Scale (BES), both of which were translated and adapted to the Portuguese population. The statistical analysis was carried out with the statistics software program SPSS, version 23.

Results: The results of the descriptive analysis show a sample of 306 patients, of which 69.3% are female and 30.7% are male, with ages ranging from 18 to 64 years old. The study shows that the Binge Eating Scale (BES) is divided into three levels, with 219 respondents (71.6% of the sample) who are non-binging, followed by 49 patients (16% of the sample) with moderate binge and finally, in smaller numbers, 38 patients (12.4% of the sample) with severe binge. Furthermore, the study shows that even those with a BMI in the healthy weight range (4.5% and 1.5% in this category) show a moderate BES and a severe BES respectively. The correlational analysis confirmed the existence of a statistically significant ($p < .05$; $\alpha < .000$) positive correlation between the sexual satisfaction of the sample and the level of binge eating. Furthermore, there was a highly significant statistical correlation between the BES, ISS and BMI variables, with a triangulation effect

Conclusion: This study demonstrates that people with normal weight or with an apparently “normal” profile can in fact show binge eating behaviors. In the study related to the level of Sexual Satisfaction (SS) of patients on different scales of the Body Mass Index (IMC), the average rate of ISS increases with the degree of obesity, indicating that these groups are dissatisfied with their sexuality, which increases with the level of BMI.

Conflict of Interest: None Disclosed

Funding: No Funding