

**PS-2-51****Effect of Dietary Intake on the Serum Ferritin Concentration in Japanese Female Collegiate Athletes**

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**Aim:** The aim of study was to estimate the effect of the dietary intake on serum ferritin concentration in Japanese female collegiate athletes.

**Methods:** Volleyball (n=13), basketball (n=25) and handball (n=10) players all participated in this study. The basketball players were divided into 2 groups; A (n=10) and B (n=15). The dietary intakes were evaluated by based on a 3-day period and the serum ferritin concentrations were then evaluated for each athlete.

**Results:** The body fat (%) for basketball B group and handball group were significantly lower than for volleyball group, but no significant difference was observed in the other physical characteristics among the groups. The dietary intakes of energy (kcal/kgBW/day) and protein (g/kgBW/day) in basketball B group were significantly higher than in volleyball group. Iron depletion, as defined by a ferritin level of below 50µg/L, was observed in fourteen athletes, five were from the volleyball group, three were from the basketball A group, four were from the basketball B group, and two were from the handball group, respectively.

**Conclusion:** A significant correlation was observed between the ferritin levels and the dietary intakes of energy (kcal/BWkg/day) and protein (g/BWkg/day).

**PS-2-53****Body Composition and Body Image Perception in Portuguese College Students**

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**Aim:** To compare body image dissatisfaction (BID) and perception (BIP) with the real measures of body composition in a group of Portuguese women college students.

**Methods:** The anthropometry variables: weight, height, skinfolds, circumferences and body mass index, waist-hip ratio, body fat and fat-free mass percentages were compared with reference values. The BIP and BID were estimated using the Somatomorphic Matrix (SM) and Body Shape Questionnaire (BSQ34).

For data analysis it was used a t-test and Pearson correlation, by means of Statistic Package for Social Sciences, V15.0.

**Results:** The preliminary sample is composed by 43 students with a mean age of 21 years. Related with the BSQ34, only 3 women were dissatisfied with their body image (n=3, Mean= 133,79; SD= 7,71; Range=124-143).

The remaining BSQ34 results and body composition measures are being analysed. The results will be finished before the congress date.

**Conclusion:** These results represent a first approach of BIP and BID to Portuguese students.

It's pretended to conclude if there's a relationship between the BIP and the BID. It's also expected to verify if the area of study, the physical exercise habits, the anthropometric variables and previous attempts to lose weight (dieting or taking pills) influence BIP or BID.

**PS-2-52****Nutrition Education for Health Promotion from the Lunch Style in the University Students**

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**Aim:** It is very important for the health promotion to make the environment able to act for each individual. However, the consciousness to make health in the student of 20 generations is very weak. We investigated the lunch contents of the students in the university to clarify their dietary style and find any dietary problem.

**Methods:** The questionnaire survey to the first year students in our university was carried out about their lunch contents and the taking place for the lunch. The contents were analyzed for counting the number of Serving by Japanese Food guide Spinning Top.

**Results:** The distribution of the questionnaire was 269. The recovery was 84% (n: 66 male, 150 female). The subjects were divided into two groups belonging to the Department of Health and Nutrition (A) and the others (B) due to their knowledge for the health. Their lunch contents ratio for handmade lunch, packed lunch, using the menu of the dining room were 75.8%, 9.7%, 6.5% in the A and 38.3%, 25.3%, 23.4% in the B. The intake of snacks and beverages was more taken in comparison with main or side dishes.

**Conclusion:** Nutrition education from youth is very important to promote their health.

**PS-2-54****Achieving Healthy Body Weights in the Teenage Years: Evidence-based Practice Guidelines for Community Nutrition Interventions**

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**Aim:** Obesity has become a significant public health problem threatening long-term physical and psychological well-being of adolescents. While interventions have begun to target school children and adults in clinical settings, few advances have been made to halt the escalating problem among adolescents. Evidence-based models for prevention and management in community settings do not exist and are needed to guide nutrition practice in this area.

**Methods:** A thorough systematic review yielded 48 interventions for inclusion. The evidence was graded, analyzed and drafted into community nutrition adolescent obesity prevention and treatment guidelines. Fourteen national experts, from community nutrition, public health, adolescent health, academia and endocrinology, assessed the guidelines for validity and applicability.

**Results:** The research findings confirm the need for comprehensive strategies including nutrition education and physical activity, addressing social and environmental influences and using schools as health promotion delivery vehicles. Successful obesity treatment strategies included diet plans and behaviour modification techniques, and involved families in multidisciplinary interventions. Computer based strategies and peer modelling were developmentally appropriate for health promotion in the adolescent population.

**Conclusion:** The results of this study support development of comprehensive, multi-disciplinary adolescent obesity prevention and treatment interventions, using peer modeling, family based and computer based strategies.

Keynote

Educational Symposium

Sponsored Symposium

Workshop

Morning

Luncheon

Evening

Oral

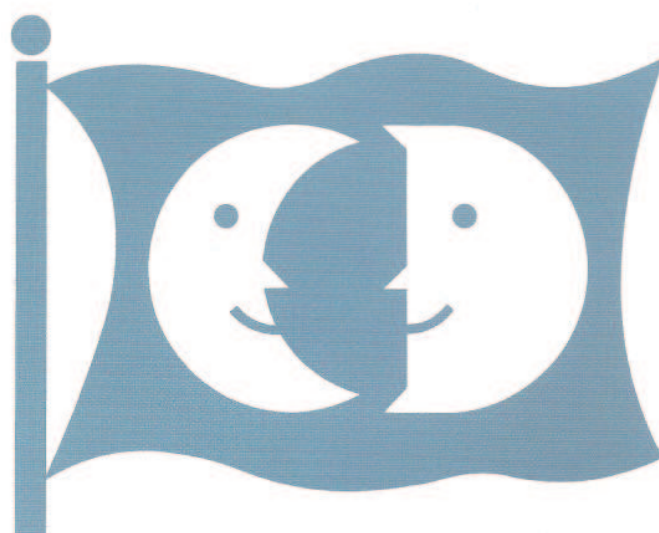
Poster

# Abstract Book

## 15th International Congress of Dietetics

PACIFICO YOKOHAMA  
Yokohama, Japan

September 8~11 2008



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Organized by: 15th ICD Organizing Committee  
Hosted by : International Confederation of Dietetic Associations  
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