

### 609. THE RESEARCH FOR COMPLEX TREATMENT OF FOOD ALLERGIES HAS BEEN CARRIED OUT THROUGH MULTI-ASPECT INTERVIEW METHOD

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The prevalence of food allergy is approximately 1% in adults and 4–6% in children in Europe. The treatment is the allergen elimination diet that is difficult, because the allergens are most diverse in foods. The safe allergen avoidance diet should be feasible only with dietetic management and information about allergen content. The dietetic counselling is concentrated on the health system. However, the further follow-up and management are affected beyond the health system. The information about 'allergen free' products is part of the food safety. The aim of the research was finding the best intervention strategies in the broad range management. We used a computer based, multi-criteria interview tool to provide an integrative and comparative analysis of the differing perspectives of key stakeholders on a broad range of possible types of interventions. The result of this study the multi criteria method is workable to find the intervention points in management of food allergy. The stakeholders suggested that the education of consumers is the most relevant intervention point. The standardised allergen labelling as intervention point was also preferred and it was considered a good one in terms of the expense efficiency. Consequently, the representatives found both allergen labelling and consumer education good treatment in food allergy management.

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### 612. OBESITY; A SYSTEMATIC REVIEW ON PARENTAL INVOLVEMENT IN WEIGHT CONTROL PROGRAMS IN CHILDREN (AGED 0–12 YEARS) IN WESTERN EUROPE

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Focus on parental responsibility has been identified as an effective method in weight control interventions in children. The aim of the study is to identify effective parental behavioural changes in (long-term) European childhood weight control interventions. Twenty-four Western European studies (prevention and treatment) targeting parents to improve child's weight status were reviewed. Parental involvement was described and categorized based on the intensity of parental involvement and coded using a validated behaviour change taxonomy. Interventions focused on a high intensity of parental involvement, parenting skills and providing contingent rewards are associated with effective weight loss studies. Effective behavioural change techniques include motivational interviewing, providing contingent reward and prompt identification as a role model. Behaviour change techniques reinforcing parenting skills in general and specific to lifestyle, supporting parents to implement change in the home environment and using contingent rewards through motivational interviewing are identified as effective approaches. Parental involvement in weight control programs for children has to focus on prevention of relapse in order to be effective in the long-term.

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### 613. DUTCH NUTRITION AND DIETETIC STUDENTS ARE ROLE MODELS IN TERMS OF THEIR OWN DIETARY INTAKE

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Do nutrition and dietetic (ND) students eat healthy? Do ND students eat healthier than their peers? The purpose of this study was to compare the food intake of Dutch ND students with nutritional guidelines outlined in the Dutch Recommended Dietary Allowances (RDA) and with the food intake of participants of the National Food Consumption Survey (NFCS). From 2004 through 2010, Dutch ND students in their first and last years of their education recorded their dietary intake using a self-reported 7-day record method. 568 ND students (96% female), aged 18–29 years, were included in the study. In general, the dietary intake of macro- and micronutrients of 1st-year ND students was much better than that of their peers. This improved further as their education progressed. However, their intake of dietary fibre, saturated fat, vitamin D, and the minerals iron and selenium was below Dutch RDA guidelines. Moreover, their sodium intake was too high. Their intake of fruits and vegetables, however, increased as their training progressed. Dutch ND students maintain a diet comprising a variety of healthy foods, starting in their first year of education. They become role models for their future profession in terms of their diet.

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### 615. PORTUGUESE WEBSITES OBESITY INFORMATION

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The internet is widely used by everyone as a source of health information, namely in obesity and weight loss. However, the easy production and edition of documents on the Internet enables any user to be an author and write the information according to their will, not ensuring the veracity of it. In this context the internet may be seen as a threat to one's health. Thus, the aim of the study was to characterize and evaluate Portuguese websites obesity information and verify if the technical and scientific background of the author was related to the obesity information score of the websites. Portuguese 127 websites were evaluated with regard to obesity information, according to the Scottish Intercollegiate Guidelines Network Management of Obesity a national clinical guideline. The average score for information on obesity was 6.38 in 26 possible on websites aimed at children/young people and 3.51 in the 24 possible directed at adults. Of the websites examined 67% did not mention the technical training of the author and only 11% were authored by a Dietitian. This study shows that the score of obesity information was significantly higher in the sub-sample of the Dietitian or multidisciplinary team author. These results demonstrate the need to regulate the Internet as a source of health information, requiring the presence of a professional with technical training in healthcare.