

723. AN EFFICACY OF THE INDONESIAN MODIFIED DASH DIET ON REDUCING BODY WEIGHT AND BLOOD PRESSURE

HARDINSYAH RIDHWAN¹, HERYUDARINI², BUDI SETIAWAN¹, IMAM EFFENDI³

¹Faculty of Human Ecology, IPB, Indonesia

²Ministry of Health, Indonesia

³University of Indonesia, Indonesia

This study aimed at modifying Dietary Approach to Stop Hypertension (DASH) diet into the Indonesian context, called Indonesian Modified DASH diet (IM-DASH diet) and testing the efficacy of the IM-DASH Diet on reducing body weight and blood pressure of overweight and mild hypertension adults. For this purpose the DASH diet was modified into Indonesian foods plus a supplement; and a randomised clinical control trial for 80 overweight mild hypertension adults 30–55 years old was applied. The IM-DASH diet consists of 2–5.5 serving of rice, 3–4 serving of vegetables, 5–6 serving of fruit, 2–3 serving of fish and meat, 4–5 serving of tempe/toufu, a serving of milk, and a capsule of antioxidant supplement (A, C, E, Se and Zinc) everyday. The results show that a significant reduction of body weight (3.5 kg), BMI (reduced 1.1), and blood pressure (reduced SB 9.2 mmHg and DB 7.6 mmHg) of the subjects in intervention group compared to the control group after two months of intervention. This implies that the IM-DASH diet is effectively be applied for reducing body weight and blood pressure of overweight and mild hypertension adults.

724. INFLUENCE OF SOCIO-DEMOGRAPHIC ISSUES IN BODY MASS INDEX (BMI) OF DRUG ADDICTS IN METHADONE MAINTENANCE TREATMENT

VERA FERRO-LEBRES¹, ANA FILIPA COSTA¹, DANIELA ALVES¹, DANIELA CUSTÓDIO¹, LILIANA NATÁRIO¹, FERNANDO ANDRADE²

¹Polytechnic Institute of Braganza, Portugal

²Center for Integrated Responses of Braganza (CRI), Portugal

The purpose of this study was to investigate the influence of social factors on the nutritional status of drug addicts. 60 drug addicts in methadone maintenance treatment of Integrated Response Center (CRI) of Bragança were evaluated. Nutritional assessment was performed by measuring the weight and height and then calculated the body mass index. The socio-demographic data were collected through a questionnaire constructed for this purpose. PASW 19.0 for Windows. The average body mass index (BMI) was 22.46 ± 3.36 kg/m² and based on this parameter 13.3% were underweight, 65% normal weight, 20.0% overweight and 1.7% obesity grade I. BMI was significantly higher in addicts who live with a spouse in relation to other housing contexts ($p < 0.005$). In terms of marital status, unmarried addicts had a significantly lower BMI compared to other situations. Individuals have an average of 4.10 ± 4.47 years of treatment and 78.3% performed less than 3 meals/day. The socio-demographic conditions must be taken into consideration in the process of intervention with this population. More studies must be performed in other to clarify other food behaviour variables in drug users populations.

Contact author: Vera Ferro-Lebre – addl_diet@hotmail.com

725. EFFECTS OF A NUTRITION EDUCATION PROGRAM FOR CHILDREN WHICH CONSIDERED REGIONAL CHARACTERISTICS ON THEIR UNDERSTANDING AND PRACTICE OF HEALTHY EATING HABITS

EIKO SAKAI¹, AYU MUTO¹, MAYUMI NAGASIMA², YASUKO MATUTANI³

¹Aichi-Gakuin University, Japan

²Chubu University, Japan

³Shubun University, Japan

This study aimed to examine the effect of educational approaches and materials to deliver a nutrition education program for children, which was developed based on the Nutrition Education Guidelines for Children and considered regional characteristics, on their understanding and practice of healthy eating habits. A total of 195 children of 2 elementary schools in T City, were studied during a period from May 2008 to February 2009. The educational materials used in the program included; toy theatres; yes-or-no quizzes; recipe cards; electric paper theatres; model chopsticks; and difference-finding games. Among the educational materials, recipe cards were regarded as the most interesting and comprehensible. In contrast, model chopsticks were shown to be the least interesting material, and electronic paper theatres to be the least comprehensible. The evaluation of these materials significantly varied between the 2 schools. An analysis of key words extracted from questionnaire answers clarified the characteristics of each material. Educational approaches enhancing children's motivation and materials consistent with them may further promote their understanding and practice of healthy eating habits. Therefore, it is necessary to develop educational materials while considering regional characteristics, in addition to children's interests and levels of understanding.

Contact author: Eiko Sakai – esakai@dpc.agu.ac.jp

728. DIETETIC STUDENTS' ATTITUDES TOWARDS COMPLEMENTARY MEDICINE IN THE UK

ANNE MAJUMDAR

London Metropolitan University, UK

Dietitians in the UK are registered health professionals and work in a range of settings. Complementary and Alternative Medicine (CAM) in the UK is growing in popularity and usage. Many therapies have a nutritional component. CAM is delivered by non-medical practitioner and also medical doctors, nurses and allied health professionals, with some provision included in the National Health Service. Previous research has found that inclusion of these treatments in the NHS is controversial and health professionals, such as nurses, doctors and physiotherapists have varying views on CAM, enhanced by the lack of available evidence to support many of the therapies. No studies to date have investigated dietitians views on CAM as part of the care for their patients. Dietetic students studying at undergraduate and postgraduate level studying at institutions in the UK were surveyed via an on-line questionnaire specifically designed for the study, on their opinions and usage of CAM. Topics included therapies they had encountered, therapies used, degree of confidence in different therapies and which therapies they would class as CAM. Ethical approval was sought but not required for the study. The data was analysed using appropriate descriptive and inferential statistics. Full results will be available for presentation at the symposium. The role and work setting of dietitians is undergoing huge changes at the current time, alongside health care reforms. The results of this study will inform on attitudes of dietetic students, which may influence which other practitioners and therapists they may work with in future.

Contact author: Anne Majumdar – a.majumdar@londonmet.ac.uk