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Factors influencing the use of urban greenways: A case study of Aydın, Turkey

Abdullah Akpınar

Adnan Menderes University, Faculty of Agriculture, Department of Landscape Architecture, Aydın

Urban greenways are important quality of life indicators in cities. However, urban greenways research is mostly carried out in developed countries, which limits the knowledge about urban greenways use, perceptions and preferences in urbanized metropolitan cities in developing countries. Considering the high levels of urbanization in Turkey, it is necessary to evaluate urban greenways. This study explores users' perceptions, preferences in urban greenways, and the factors that affect urban greenways in the city of Aydın, Turkey. Data were collected through a survey with 417 active users on the field and the data were analyzed with multivariate linear regression while controlling for sex, age, marital status, education level, job status, and household income level. Respondents were asked about the distance from their home to the Koşuyolu Urban Greenway (KUG), frequency and duration of use of the KUG, and the factors that affected their use of the KUG. Results showed that 79.8% of the users live within 1 km of the KUG, 55.4% of the users use the greenway everyday spending 1-2 h for health, recreational and leisure activities. Two factors, distance to home and accessibility were identified as factors influencing frequency of use. Six factors, lighting, drinking water and restroom facilities, well-design, cleanliness, safety, and parking lot, were important factors relating to duration of use. One conclusion of the study is that contrary to Turkish policy makers and public officials' views urban greenways are more than "luxury" and provide important health, recreational and leisure activities for Turkish people.

Keywords: Urban greenways, Preferences, Perceptions, Trail, Aydın

abdullah.akpinar@wsu.edu

Malnutrition assessed through phase angle and its relation to prognosis in patients with compensated liver cirrhosis: A prospective cohort study

Astrid Ruiz-Margáin Ricardo U. Macías-Rodríguez, Andrés Duarte-Rojo, Silvia L. Ríos-Torres, Ángeles Espinosa-Cuevas and Aldo Torre
Instituto Nacional de Ciencias Médicas y Nutrición Salvador Zubirán, Mexico

Background: Malnutrition is a frequent complication of cirrhosis and it has been associated to more severe disease and development of complications. Phase angle is a bedside reliable tool for nutritional assessment based on conductivity properties of body tissues.

Aim: To evaluate the association between malnutrition assessed through phase angle and mortality in patients with liver cirrhosis.

Methods: We performed a prospective cohort study in a tertiary care centre; 249 patients were enrolled with 48 months of follow-up. Clinical, nutritional (malnutrition = phase angle ≤ 4.9) and biochemical evaluations were performed. Student's t-test and 2 method were used as appropriate. Kaplan–Meier curves and multivariate Cox regression were used to evaluate mortality. Results: Mean follow-up was 33.5 months. Survival analysis showed higher mortality in the malnourished group compared to the well-nourished group ($p = 0.076$), Kaplan–Meier curves were further stratified according to compensated and decompensated status showing higher mortality in compensated patients according to Child–Pugh ($p = 0.002$) and Model for End-Stage Liver Disease score ($p = 0.008$) when malnutrition was present. Multivariate analysis showed that malnutrition was independently associated with mortality (HR = 2.15, 1.18–3.92).

Conclusions: In our cohort, malnutrition was independently associated with mortality. This is the first study showing higher mortality in malnourished compensated cirrhotic patients.

ruizm.astrid@gmail.com