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Genetic screening for Pre-obese for an early management

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The chronic diseases such as obesity, type 2 diabetes, coronary heart disease, dyslipidemia, and hypertension is alarmingly increasing rapidly. Obesity predisposes to many diseases. There are genetic and non genetic factors reported to be associated with obesity. Screening of pre-obesity individuals may be helpful in early management and prevention of other obesity associated diseases. In this study, the WHO Asia Pacific Guidelines 2000 was followed to classify the subjects on the basis of their BMI. A total of 300 Type 2 diabetes mellitus individuals were included. Pregnant women and subjects suffering from thyroid problems were excluded from the study. Demographic characteristics were analysed. Molecular analysis of the LEPR gene polymorphism was carried out by Polymerase Chain Reaction-Restricted Fragment Length Polymorphism (PCR-RFLP). 14.62% were found to be pre-obese ($23 < \text{BMI} \leq 25$), 28.5% Obese ($\text{BMI} > 25$) and 16.7% were Morbid Obese ($\text{BMI} > 30$). 58.8%. The heterozygous and homozygous variants were associated with BMI. The pre-obese individuals showed 78.1% heterozygous and 21.8% homozygous variants as compared to the obese individuals (66% and 34% respectively). This study reports the association of LEPR polymorphisms on pre-obesity and Type 2 diabetes mellitus in this ethnic population. Thus the prevalence of high risk group individuals could be identified and counseled, and medical intervention carried out for an early management.

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Determination of employed women nutritional status in Makhado location of Vhembe Limpopo Province, South Africa

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Introduction: A gradual shift towards western-oriented diet of black population has been reported over the past for decades, the changes can be attributed the migration, urbanization, accumulation, education and economic development. The negative aspects about the changes is that it pose a rising demand to women on time for food preparation a results they purchase convenience foods to cope with time pressure in the preparation of meals.

Aim: The aim of the study was to assess the nutritional status of employed women in Makhado location of Limpopo Province.

Methods: A descriptive and exploratory design was used. Quantitative method was also used in the study to gather information. Snowballing sampling design was used to recruit 120 participants aged 25-45 years old.

Results: About 63.3% of the participants were overweight, while 23.3% were having normal body weight and 6.7% were obese and 6.7% extremely obese. Of 63.3% who were overweight 43.3% were eating fast food more frequently and 53.3% earning high income. Almost all the participants (96.7%) indicated that they eat fast food such as KFC, pizza and ice cream. However, 53.3% of the participants indicated that they eat their meal three times per day, 40% eat meal twice per day, while 6,7% indicated that they eat meal four times per day.

Conclusion: High income, time limitation and workload have influence on employed women eating habits and it constitutes barriers for their healthy food habits.

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