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OBESITY DIET CONCEPT: THE EFFORTLESS AND EASIEST WAY FOR OBESITY TREATMENT PROGRAM

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Statement of The Problem: Obesity is often defined as a condition of abnormal or excessive fat accumulation in adipose tissue. From the fragmentary and limited prevalence data, it is evident that obesity does exist in an available developing country particularly among university students. Among the medical record students in Universitas Gadjah Mada, it has been counted that there are 11 from 300, or in the other word 3.67%, medical record students stated as obese according to the Body Mass Index (BMI).

Methodology & Theoretical Orientation: A descriptive qualitative case study was utilized during participant observation and in depth interview. Body Mass Index (BMI) concept also used in this research. BMI is a simple index of weight for height that commonly used to classify underweight, overweight and obesity. Obesity is classified as $BMI \geq 30.0$. The subject in this research is medical record student in Universitas Gadjah Mada that stated as obesity.

Findings: The observation that has been done showed that the subject of this research has a tendency to “never stop eating” and doing less exercise. Rising from that fact, this research is conducted to give them an effortless treatment that is known by Obesity Diet Concept.

Conclusion and Significance: It has been proved that the Obesity Diet Concept is highly effective and applicable for the medical record university students with obesity. They can lose 6-10 lbs in a week with an easy and simple way.

MOTHER’S KNOWLEDGE AND ATTITUDE ABOUT INFANT AND YOUNG CHILD FEEDING (IYCF) AND ASSOCIATED FACTORS IN RURAL AREA OF BURKINA FASO IN THE HEALTH DISTRICT OF OUARGAYE

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Background: Malnutrition in children is still a major public health problem in most developing countries such as Burkina Faso. IYCF practice should be influenced by knowledge and attitude about the subject. Material and

Method: We carried out a cross-sectional study in primary health care centers randomly selected. The objectives of our work were to study knowledge and attitudes about IYCF and analyze associated factors.

Result: In total, we surveyed 287 mothers. Average age of mothers was 26.7 years [17-45], 71.4% of them were uneducated and 94.5% were unemployed. The average number of gestures among mothers was 3.44[1-11]. Among mothers, 15% was in underweight and 10.7% was in excess weight. Most mothers (82, 8%) admitted that colostrum has an advantage for the newborn and 87.8% were aware of the proper diet (exclusive breastfeeding) of children under six months of age. Slightly more than half (55%) of mothers had a low level of knowledge about the benefits of breastfeeding. Water supply ($p=0.041$) and habitat type ($p=0.001$) were statistically associated with the level of knowledge about the benefits of breastfeeding. About half (54%) of respondents were aware of the recommended delay of breastfeeding initiation in postpartum. Feeding in disease situation was known by the majority of mothers just as breastfeeding at night. About one in five mothers (18.5%) reported that children under six months of age need water supplementation. The discomfort to breastfeed in public was an unusual feeling (6%) and 87, 2% of respondents admitted that breastfeeding should be continued until the age of two years after birth. Conclusion: Mother’s knowledge about the advantage of breastfeeding was still low, however we found a good level of knowledge about exclusive and duration of breastfeeding. Attitudes towards breastfeeding were positives. Targeted interventions on maternal health services and communities could raise the level of knowledge on IYCF.