

JOINT EVENT

10th International Conference on **Childhood Obesity and Nutrition**
&
2nd International Conference on **Metabolic and Bariatric Surgery**

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Dietary and exercise educational program for patients taking antipsychotic medications**Edna Aurelus**

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In adult patients who are taking antipsychotic medication with a serious side effect of weight gain, how does an educational program on healthy diet and exercise regimen compared to standard care be effective in preventing the increasing rates of overweight and obesity? Overweight and obesity are significant problems in patients being treated with antipsychotic medications. Obesity has reached epidemic proportions in the United States, affecting over 72 million adults. While individuals in the general population are at risk of physical conditions, such as metabolic syndrome, people with mental illness are at even higher risk. More than one-third or 35.7% of adults in the United States are obese (CDC, 2013). Obesity related conditions or metabolic syndrome includes cardiovascular diseases, diabetes and certain types of cancer are some of the leading cause of preventable death. An exhaustive search was completed analyzing the effectiveness of an educational program in reducing weight gain induce by antipsychotic medication. A 12-week program was designed for people who are prescribed a regimen of antipsychotic medicines. The program included guidelines for regular exercise and diet, along with a weekly 1-hour session of dietary and exercise education. A pre- and post-program questionnaire was administered to assess attitudes and behaviors about eating. Additionally health outcomes data on body mass index (BMI), weight and waist circumference were collected at baseline and monthly until the completion of the program. Patients taking antipsychotic medications need to be placed on a standard healthy diet in order to prevent any unwanted weight gain. In order to accomplish this goal, patients must be aware of the lifestyle modification needed to prevent such risk. Moderate exercise, avoidance of sedentary lifestyle and of poor nutrition is part of the treatment plan that providers should include when treating patients takes antipsychotic medication.

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Fast food and children of the day**Jagadish Chandra Das**

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Fast food is considered as the type of food that can be served ready to eat fast. Fast food and junk food often is used interchangeably. Energy dense food with high sugar/fat/salt content and low nutrient value in terms of protein, fiber, vitamin and mineral is known as junk food. Taking of such food among children is not less. Approximately 56% students of a private university in Dhaka go to fast food restaurants at least once per week and 44% goes regularly (≥ 2 times/week). Sponsorship of sports or other competitions with attractive gifts is important for first food sale. There are many contributing factors of such food consumption. Fast food is associated to many health hazards. Easy availability of healthy food with affordable prices along with its campaign, school midday-food programme and health education may improve dietary habit of children. Food related laws implementation along with regulation of fast food marketing may be important steps in controlling such food consumption among children.

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