

## JOINT EVENT

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

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**Promoting effective school policies for childhood obesity prevention in Lebanon through advocacy, citizen engagement and knowledge translation**

Rana Saleh, Rima Nakkash and Fadi El Jardali

American University of Beirut-Knowledge to Policy Center, Lebanon

**Background & Aim:** Child overweight & obesity (COO) in Lebanon has reached alarming levels of 34.8% and 13.2% respectively. With one of the highest percentages in the Eastern Mediterranean region, COO in Lebanon increased by approximately two folds in the past decade, without policies for prevention, despite mounting evidence of their effectiveness. This study examines the use of citizen engagement, advocacy and knowledge translation (KT) tools and platform in the uptake of research evidence on effective school policies in COB prevention.

**Methods:** The following work was conducted and evaluated: Development of a policy brief for effective school policies for COO prevention in Lebanon; Citizen Consultation (CC) meetings using innovative data visualization (IDV); a national Policy Dialogue (PD) and; implementation of an advocacy framework.

**Results:** The policy brief: Synthesizing high quality international and local evidence along with key informant interviews resulted in identifying three major effective elements for a comprehensive school policy solution. The CC and PD: Those elements were discussed in both dialogues for consensus and identifying key implementation considerations using IDVs. Furthermore, the participants in the CC thought that it can affect decision makers (70%) allow joint decision making (70%) and almost all wanted to be involved in further advocacy efforts. The advocacy framework: A framework was developed and piloted over the course of the implementation of the policy elements.

**Conclusion:** School policies for COO prevention are effective but require using an integrated KT approach to bring a change in policy and practice. That entails engaging citizens in the decision-making and implementing evidence-informed advocacy strategies and coalitions to influence actions along with using KT tools and platforms. Citizen engagement strategies empower citizens to be involved in the decision-making process and in enhancing accountability and advocacy in health policy. Study findings will inform similar work in other countries.

rks30@mail.aub.edu

**Indicators for success of obesity reduction programs in adolescents; body composition and body mass index: Evaluation of a school-based health promotion project in Iran after 12 weeks of intervention**

Saeid Doaei

Shahid Beheshti University of Medical Sciences, Iran

**Background & Aim:** Obesity in adolescence is a primary risk factor for obesity in adulthood. The objective of this study was the assessment of the effect of a comprehensive lifestyle intervention on different anthropometric indices in 12 to 16 year old boy adolescents.

**Methods:** 96 adolescent boys of two schools of district five of Tehran have participated in this study. The schools were randomly assigned as intervention school (n=53) and control school (n=43). The height and weight of students were measured with a calibrated tape line and digital scale respectively and their BMI were calculated. The amounts of body fat percent (BF) and body muscle (BM) percent were determined by Bio Impedance Analyzer (BIA) considering the age, gender and height of students at baseline and after intervention. The intervention was implemented in the intervention school, according to the Ottawa charter principles.

**Results:** 12 weeks of intervention decreased body fat percent in the intervention group in comparison with the control group (decreased by 1.81% in the intervention group and increased by 0.39% in the control group, P<0.01). But weight, BMI and BM did not change significantly.

**Conclusion:** The result of this study showed that the implementation of comprehensive intervention in obese adolescents may improve the body composition, although these changes may not be reflected in BMI. It's possible that BMI is not a good indicator in assessment of the success of obesity management intervention.

sdoaei@sbm.ac.ir