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World Summit on OBESITY AND WEIGHT MANAGEMENT

February 21, 2023 | Webinar

Understanding emotional eating and tools for mindful eating

Jennifer Bourbonnais
Lifestyle Nutrition and Wellness, USA

This subject matter focuses on one of the psychological or behavioural perspectives into obesity. Many people who need to lose weight know what they need to do but have trouble doing what they know because they are using food to cope with life feelings and events. During this presentation, I will explain in detail, with visual examples, and my personal defeat, the vicious cycles that keep people in an over-eating, binging, and emotional eating crisis.

Cycle 1: The dieting cycle – individuals putting themselves on a restrictive diet, ignoring physiological hunger, feeling deprived, and in a temporary lifestyle state. Eventually, they eat/binge, and then experience euphoria and/or possible physical discomfort. This cycle continues with shame, guilt, and failure. The cycle continues when they restart the diet.

Cycle 2: Sugar addiction cycle – most people reach for high carbohydrate foods during an emotional eating crisis. They crave sugar, they want and love it. Sugar releases dopamine and high levels of insulin. In turn, the blood sugar crashes, fat is stored, and appetite cravings ignite. The cycle continues when people keep reaching for sugar & simple carbohydrate foods.

Cycle 3: Emotional eating cycle – occurs when individuals reach for food, especially high carbohydrates foods. Typically, this happens when a negative emotion (sad, bored, anxious, lonely, etc.) is experienced. They eat to alter their mood and shift from the negative feeling of what is bothering them and temporarily feeling better. This cycle is often followed up with guilt and failure because typically emotional eaters are trying to lose weight.

Cycle 4: The overlapping cycles – this section eliminates the confusion. It sheds light on the fact that most people are on a diet, addicted to sugar, eating to cope, and sometimes out of plain habit. Individuals will see clearly into the overlap, make sense of the cycles, and become more mindful of their behaviour. In turn, they will have improved confidence in their weight loss efforts.

I will also provide five tips to help people overcome senseless eating by learning and implementing tips that will allow individuals to escape the cycles, be free from emotional eating, and become mindful eaters.

These tips include:

1) Understanding emotional eating triggers – time, place, who, & what

2) Tuning in to physiological hunger and becoming aware of which hunger is operating. Psychological versus physiological.

3) The practice of mindful eating – Learning how to eat without distractions and avoid the trance of being focused on something else.

4) Learn to overcome deprivation and dieting – understanding that forbidden foods are the ones that are typically eaten during an emotional eating crisis.

5) Body respect & self-confidence – success visualization and appreciating what the body can do and become. Letting go of past failures.

What will audience learn from your presentation?

• Understand insights and feel empowered to overcome the vicious emotional eating cycles.

• Gain tips and tools to implement mindful eating techniques to overcome senseless eating.

• Able to apply practical thoughts and behaviours to overcome a behavioural challenge.

• This knowledge will help broaden the understanding of the psychological side of obesity. It will allow faculty and clinicians to have a deeper understanding to help obese individuals.

• This program will offer the opportunity for obese individuals to consider mindful eating and incorporate the challenge of overcoming emotional eating to achieve long-term weight loss success.

• The information offered will provide a footprint to understanding emotional eating and becoming a more mindful eater.

Biography

Jennifer Bourbonnais received her bachelors in dietetics from Michigan State University, United States and graduated in 2006. She then completed her Master of Health Education from Wayne State University, United States. She has certifications in both paediatric and adult obesity management. Jennifer has created numerous weight loss programs for large hospital organizations. Meeting people where they are at, she continues helping individuals, families, and groups improve their health and well-being through balanced nutrition, physical fitness, and personal behavioural change that comes from the inside.

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Artificial Intelligence & fertility preservation: Ethical and legal implication in the denatality ERA

Giuseppe Gullo
University of Palermo, Italy

Infertility is a global health issue affecting women and men of reproductive age with increasing incidence worldwide, in part due to greater awareness and better diagnosis. Assisted reproduction technologies (ART) are considered the ultimate step in the treatment of infertility. Artificial intelligence (AI) has been progressively used in the many fields of medicine, integrating knowledge and computer science through machine learning algorithms. AI has the potential to improve infertility diagnosis and ART outcomes estimated as pregnancy and/or live birth rate, especially with recurrent ART failure.

In reproductive medicine (RM), AI application started in the late twentieth century. Nowadays, there are a lot of different subtypes of AI technology that have applications in reproductive medicine. Supervised learning methods (decision tree, support vector machines and naive Bayes classifier) are mostly used in non-surgical areas of RM. These algorithms need human assistance and use instances supplied externally to predict the fate of instances given in the future; they are designed to categorise data from given information.

As has always been the case with any major scientific breakthrough throughout human history, innovative technologies with major potential to profoundly change vital aspects of our lives are likely to outpace the core values, ethics, and legal standards which govern society. Being able to explain and get through to people the operation of AI models and how AI systems operate is essential if we are to make the most out of the looming AI breakthrough set to affect, and hopefully improve, almost all aspects of our lives.

The introduction of AI in ART procedures will revolutionise reproductive techniques, but it will definitely need a cautious and thoughtful approach, particularly when drafting legislative and regulatory frameworks solidly grounded in ethics precepts and core values, prioritising human dignity and upholding fundamental rights to privacy, data protection, and equality.

Biography

Giuseppe Gullo, MD, PhD in Human Reproduction, Specialist Ob/ Gyn at “Villa Sofia –Cervello Hospital - IVF PUBLIC CENTRE. Professional experiences: PhD student (2014-2017) University of Messina – Iakentro Medical Centre; September - October 2010 I. V. F. Center - Iakentro in Thessaloniki. November 2012-February 2012 I.V F Department and Fetal Medicine at King's College Hospital- London. July 2011-August 2012: Endoscopic (Laparoscopic - Isteroscopic) Surgery and Laparotomy at Sacro Cuore Hospital Don Calabria - Negrar (VR) May 2011: I.V.F Department, Yale Fertility Center, and New Haven - USA. Residency Ob/Gyn (2008-2013): University of Palermo Medical School (20001-2007): University of Palermo Member of national and international scientific and obstetrical gynaecological societies including: SIGO, SIGITE, ISGE, SIFIOG, SIGO, AOGOI, And ESHRE.

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Energy alterations in morbid Obese patients and the risks involved when using bariatric surgery

Huang Wei Ling

Medical Acupuncture and Pain Management Clinic. Franca, Brazil

Introduction: Morbid obesity is classified when the body mass index is 40 Kg/m2 or more. Surgery is one of the treatments used nowadays to reduce weight of these patients. The purpose of this study is to demonstrate that patients with morbid obesity have energy deficiency inside the five internal massive organs according to traditional Chinese medicine and these organs are responsible for the production of internal energy and one of these functions were to allow the normal flow of blood inside the blood vessels. The reduction of all these organs energy will reduce the vital energy, including the energy to keep the blood flowing inside the blood vessels and the use of medications used in the anaesthesia will drop even more this vital energy and can lead to many complications such as thrombosis in any part of the body or even death of this patient.

Methods: through one case report of 56 years-old male patient with BMI > 45 Kg/m2. He was submitted to bariatric surgery and one month after the surgery, he evolves to mesenteric thrombosis and need to do the resection of the large amount of intestine. He went to my clinic after this surgery to treat low back pain. I measured his internal five massive organs energy. Results: showed that all organs (Liver, Heart, Spleen, Lungs and Kidney) were in the lowest level of energy, rated one out of eight. The treatment consisted in Chinese dietary counselling, auricular acupuncture with apex ear bloodletting and systemic acupuncture and replenishing the internal massive organs using highly diluted medications according to the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications.

The conclusion of this study: It is that patient with morbid obesity have energy deficiency inside the five internal massive organs responsible for the production of internal energy to keep our health in a balance state. The use of bariatric surgery in this kind of patient will cause a more energy reduction and causing more propensities to have any kind of thrombosis in any part of the body or even death of this patient, due to energy deficiency of this patient prior to the surgery. The treatment of this condition of energy deficiency prior to the surgery is of paramount importance on these days to reduce the complications associated with morbid obesity and bariatric surgery.

Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress (1998). Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through teachings of Traditional Chinese Medicine and Hippocrates.

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Identification of parenting practices and digital devices associated with carbonated drink intake in European school children: Feel4Diabetes study

Maria Michelle Papamichael

Harokopio University of Athens, Greece

Problem: Increased consumption of sugar-sweetened beverages (SSB) including carbonated drinks has been linked to the early onset of metabolic disorders including childhood obesity [1, 2]. Given that it is a popular practice for carbonated drinks to accompany family meals [3], this study aimed to identify parenting practices and digital devices associated with regular sugar-sweetened carbonated drink intake in European schoolchildren of overweight and obesity.

Methodology: Within the Multinational Feel4Diabetes lifestyle intervention study, questionnaire data on parenting practices, digital devices, and children's consumption patterns of regular sugar-sweetened carbonated drinks were collected from 12, 030 school children (half girls, average age 8 years old) dwelling in North (Belgium, Finland), Central (Bulgaria, Hungary) and South European countries (Greece, Spain)[4, 5]. In the school setting, anthropometry was undertaken in children, and BMI (kg/m2) was estimated and categorized as underweight/normal versus overweight/obesity as proposed by the International Obesity Task Force [6]. Logistic regression models were fitted to assess parenting practices and digital devices associated with habitual carbonated drink intake in children with overweight/obesity.

Findings: In the multivariate analysis, after adjusting for children's gender, maternal BMI, and education, parents' rewarding and allowing children's intake of energy-dense nutrient-poor foods (sweets, salty snacks/fast food) at a frequency of 'very often/often' were positively associated with daily carbonated drink intake in both the underweight/normal-weight and overweight/obesity groups (Odds ratios (ORs) ranged from 1.82-2.74). Parents' TV viewing together with their children 'very often/often' (OR: 1.37, 95%CI: 1.08-1.74) and the presence of a TV in children's rooms (OR: 1.68, 95%CI: 1.38-2.05) were positively associated with daily carbonated drink intake in the underweight/normal-weight children only.

Conclusion: In the development of more effective childhood obesity preventive measures, future research should assess the influence of contextual food parenting factors and TV viewing on sugar-sweetened carbonated drink intake in schoolchildren.

Biography

Maria Michelle Papamichael is a registered dietician and sports/exercise nutritionist with the Hellenic and British Dietetic Associations, who has dedicated her life to educating people of all ages about the importance of good nutrition and exercise in the prevention and management of disease as well as in improving health and overall well-being throughout the lifespan. Her main research interests lie in public health nutrition, childhood obesity, dietary behaviours, and paediatric asthma. She has published several book chapters and articles in scientific journals and continues to participate in a broad range of national and international conferences throughout the globe. Furthermore, she is actively involved in European research programs.

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The effect of low doses of radon on Ghrelin and Glucose levels in rats with multiple low doses Streptozotoccin-induced Type 2 Diabetes Mellitus

Natia Chkheidze

National Institute of endocrinology, Georgia

Purpose: The aim of our research was to identify the ghrelin concentration in experimental animals with Type 2 Diabetes Mellitus (T2DM) and to study the effect of radon hormesis balneotherapy using natural thermal waters of Tskaltubo spring, practically, its effect on ghrelin and glucose metabolism.

Materials and methods: To study the effect of radon in balneotherapy, group of experimental animals (multiple low doses streptozotocin induced T2DM Wistar rats were used) went through the procedure of inhalation of radon by the Tskaltubo mineral water pool, once daily, during 10 days. In animals of the control groups, inhalation with radon was not used. The experimental group and the control group were brought from Tskhaltubo to Tbilisi to the Ivane Beritashvili experimental biomedicine center, where the blood of the rats was analysed.

Results : After radon inhalation therapy with Tskaltubo mineral water, a normalization of the ghrelin levels was observed in experimental group and despite the different body weight, the levels were approximately the same and close to those of the control group. In the experimental group, ghrelin level normalization was accompanied by glycaemia normalization.

Conclusion: This research showed that Tskhaltubo mineral water radon inhalation caused hormesis, which consequently decreased ghrelin levels in rodents with T2DM and obesity and the result was stable during 3 month. Ghrelin level stabilization positively influenced on glucose levels. The result of our experiment gives us a stimulus to continue future research to find more specific neurochemical mechanisms participating in radon hormesis processes and positively influencing on glucose levels and T2DM outcome.

Biography

Natia Chkheidze is a Georgian and was born in 1978 in Tbilisi, Georgia. She is from National Institute of Endocrinology, Tbilisi, Georgia. She is Chief of Clinical Oncology Department at American Hospital Tbilisi. From the very first day of cooperation, she has started perfecting patient-centered services based on the gained experience from various clinics in the US. The active work of Natia Jokhadze and her team with the International Agency for Research on Cancer and the Georgian National Center for Disease Control and Public Health has led to the foundation of a nationwide cancer registry. Natia Jokhadze has completed several vocational training courses in the United States and Europe, including the American National Cancer Institute (NIH / NCI) and Johns Hopkins University Clinic.

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The effect of non-caloric restricted, low-carbohydrate diet in reversing Type 2 diabetes mellitus among active Omani diabetic patients attending North Mawaleh Health Center

Salma Alkalbani
Ministry of Health, Oman

Statement of the problem: There is growing evidence that a low-carbohydrate diet can positively improve the glycaemic index in patients with type 2 diabetes mellitus (1-5).

Objective: This study examined the effectiveness of a non-caloric restricted, low-carbohydrate diet (NCRLCD) in improving glycaemic control over a 24-week period in active Omani diabetic patients attending primary care setting at North Mawaleh health centre, Muscat.

Methodology: This is a prospective, descriptive study with longitudinal follow-up and pre-test, post-test comparison. Eighty-three patients were recruited. Blood was collected at baseline, 12-week, and 24-week. Each patient was advised to follow a NCRLCD (< 80 grams of carbohydrate per day) and exercise recommendations. The primary outcome was glycated haemoglobin (HbA1c).

Result: Seventy-one patients were able to complete the study. A non-caloric restrictive low-carbohydrate diet showed a significant reduction in glycated haemoglobin in a 24-week period by 11.58%, from 7.12 (SD=1.07) % at week 0 to 6.28(SD = 1.07) % at week 24, p-value < 0.05. This reduction was noticed along with the adjustment of diabetic medications, with more than three-quarters of patients reaching an optimal glycaemic level at the end of the study period. The mean weight had shown a significant reduction from 82.63(SD = 14.3) kg to 76.67(SD=14.90) kg, p <0,005. However, linear regression failed to show any correlation between HbA1c and weight changes. Diabetic medication was stopped in 18 (25.4%) patients, reduced in 7 (9.8%) patients, increased in 2 (2.8%) patients, and remained unchanged in 44(62.0%) patients.

Conclusion: Non-caloric restricted Low carbohydrate diet had improved glycaemic control in patients with type 2 DM in this study. Further controlled studies are warranted.

Biography

Salma Alkalbani is senior specialist family physician from Oman. She has completed residency program in family medicine in 2014 from Oman medical specialty Board, Oman. She completed masters in public health at University College Dublin and currently doing her fellowship on public health in Ireland. Her area of interest is obesity management through primary prevention and health promotion.

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Possibility for production of anti-ganglioside antibodies by non-lymphoid cells, tissues and organs

Iskra Sainova

Pathology and Anthropology with Museum (IEMPAM) to Bulgarian Academy of Sciences (BAS), Bulgaria

Statement of the problem: Many proteins are known as tumour-suppressors, but also as neuro-protectors, endocrine regulators and anti-diabetic substances (1-3). On the other hand, the role of gangliosides as regulators in many biological functions and as markers in many multi-factor diseases and disorders was proved (4,5).

Methodology & theoretical orientation: The titers of specific anti-ganglioside antibodies were assessed in extracts of brain and pancreas from rat. Total lysates from the two anatomic organs were prepared (controls). Equal volumes of them were passed through GSH-agarose columns for separation of molecules with affinity to the reduced form of tri-peptide Glutathione (GSH). Separate aliquots from the organ lysates were mixed with lysates of laboratory-incubated cells, containing additionally-inserted copy of tumour-suppressor gene scgn, coding the hormone-like protein Secretagogin (SCGN), by transfection with appropriate DNA-vectors, containing also GST-tag. The average titers of IgG anti-ganglioside antibodies were determined by ELISA-technique.

Findings: The noted tendency about equal and in some cases, of higher average titers of anti-ganglioside antibodies in the samples from both anatomic organs (Fig. 1b, Fig 2b) compared with the average titers of gangliosides in the samples of the same organs (Fig. 1a, Fig. 2a) suggested a possibility about production of immunoglobulins/antibodies by non-lymphoid cells, tissues and organs. probably as one of the steps in the cascade regulatory mechanisms. These results were in agreement with the literature data in this relation (6-8). SCGN and GSH were shown as two target molecules in these interactions. Because the produced antibodies are outside the germinative centres of the specialized lymphoid tissues and organs, control of their function is very important.

Conclusion: The possibility for production of immunoglobulins/antibodies by non-lymphoid cells, tissues and organs was proposed, probably as one of the steps in the cascade regulatory mechanisms. In this way, SCGN and GSH could acquire protective functions against degenerative processes, together with preserving of their ant malignant actions, on both cellular and molecular levels.

Biography

Iskra Sainova, PhD, has completed her PhD at the age of 28 years at the Department of Oncovirology to the Institute of Experimental Pathology and Parasitology (IEPP) to Bulgarian Academy of Sciences (BAS) in Sofia, Bulgaria. The main goal has been directed to development of maximally safe methods for application of viral strains for production of gene-engineering anti-malignant and anti-viral vaccines, but also as vectors for transfer of nucleotide sequences. She is assistant professor in the field of molecular biotechnology, molecular and cellular biology.

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Nutrient intakes among Jordanian adolescents based on gender and Body Mass Index

Thanaa Jaraedah
Clinical Nutrition and Dietetics, Jordan

Background: This study was conducted to examine the dietary intakes of macro- and micronutrients for Jordanian adolescents based on gender and compare their intake to the Dietary Recommended Intakes (DRIs).

Methods: A sample of 398 male and female adolescents, aged 14-18 years, was recruited from private and public schools using convenience sampling. Socio-demographic questionnaire and 3-days food record were self-reported. Bodyweight and height were measured and body mass index (BMI) was calculated for all participants.

Results: There were no significant differences between male and female adolescents regarding the intake of micro and macronutrients except for protein, insoluble fibre, saturated fat, cholesterol, omega-6, vitamin E and calcium. The intake of insoluble fibre (g/day), omega-6(g/day), and vitamin E (mg/day) was significantly higher in female adolescents (3.1±0.1, 5.6±0.5, and 3.1±0.3, respectively, P≤0.05) compared to male adolescents (2.9±0.1, 5.1±0.4, and 2.5±0.2, respectively, P≤0.05). On the other hand, the intakes of protein (g/day), saturated fat (g/day), cholesterol (mg/day), calcium (mg/day) were significantly higher in male adolescents (90.1±2.3, 31.7±1.0, 339.2±18.3, and 651.5±27.8) as compared with female adolescents (79.2±2.1, 29.2±1.2, 263.6±14.9, and 555.2±21.7) (P≤ 0.05). Comparing of the adolescents' nutrients intake to the DRIs, many nutrients were found to be below or above the recommendations. Conclusion: The study findings highlighted that there is an urgent need to establish a plan of action to combat malnutrition among adolescents in Jordan.

Biography

Thanaa Jaraedah has her expertise in evaluation and passion in community health like: schools nutrition, refugee's camps, pregnant health, her phD thesis was about the Impact of COVID-19 Pandemic on Food and Nutrition Security and Dietary Habits among Syrian Women in Azarq and Zaatari Refugees Camps in Jordan. in addition to she worked with NGOs to help refugees.

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Obesogenic behaviour and binge eating disorder in an elderly female with Schizophrenia

Vishnupriya
Prestigious Madras Medical College, India

Eating disorders like binge eating have a strong connection with schizophrenia. Problems like disordered eating, cognition and abnormal behaviour in Schizophrenia can itself precipitate eating disorders. Altering the obesogenic behaviours by adapting healthy eating habits is effective in reducing the binging episodes. Previous researches have highlighted certain common things like neuronal structures, hormones like hypocretin to be responsible for the origin of eating disorders in Schizophrenia. Antipsychotic medications have a role in altering the eating patterns in patients with schizophrenia. High incidence of eating disorders is found in adolescents with psychosis. Here we present a case report of an elderly female with obesogenic behaviour and binge eating disorder. Our patient has an atypical age of onset and there were no psychopathological symptoms contributing to the binging.

Biography

Vishnupriya completed her MD Psychiatry from the prestigious Madras Medical College, Chennai in 2018 and finished her Diplomate in National Board from National Board of Examinations, NBE in 2019. Following the completion of her MD, she worked for 3 yrs. in a private medical college as a Assistant Professor and she also run her own clinic. She has experience in procedures like Electroconvulsive therapy (ECT) and I.V Ketamine therapy for depression. She treats all sort of mind related problems like depression, anxiety, sleep related issues,addiction,psychosis,schizophrenia,behaviouralchanges,moodproblems, europsychiatric manifestations of epilepsy, stroke, brain injury, endocrine disorders thorough medicines as well as psychotherapy. Her field of interest are neuropsychiatry, geriatric psychiatry, women and mental health

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Management of Obesity in adolescence: Role of diet and lifestyle intervention

Sunita Mishra
Central University, India

The worldwide prevalence of obesity is of considerable source of concern given its potential impact on morbidity, mortality and cost of health care. The World Health Organization (WHO) has recognized obesity as a predisposing factor to measure chronic diseases ranging from cardiovascular diseases to cancer. Once it is considered a problem only in wealthy countries, WHO estimates overweight and obesity are now dramatically on the rise in low and middle income countries. Obesity is a multifaceted chronic condition with several contributing causes, including biological risk factors, socioeconomic status, health literacy, and numerous environmental influences. The dramatic increase in overweight and obesity among children and adolescents has become a major public health problem. Obesity during adolescence represents a strong predictor of obesity and higher mortality in adulthood and is associated with an increased prevalence of cardio metabolic risk factors. With obesity disproportionately affecting adolescents (ages 12–19 years), negative effects of excess adiposity may be particularly salient during this critical period of development. Obesity and eating disorders (EDs) are both prevalent in teen and adolescents. Most adolescents who develop an ED do not have obesity previously, but some teenagers, in an attempt to lose weight, may develop an ED. Adolescents often do not meet intake recommendations for certain food groups and nutrients, which may contribute to a heightened risk of obesity. Additionally, there is a relationship between obesity and psychosocial health, as adolescents with obesity may have increased levels of stress, depressive symptoms, and reduced resilience. Due to the serious implications of obesity in adolescents, effective treatments are urgently needed. The focus should be on a healthy lifestyle rather than just on weight loss. Lifestyle interventions promote knowledge and self-efficacy for healthful practices that have the potential to progress to sustained behavior change.

Biography

Sunita Mishra is working as Professor and Dean SHS and Head, Food and Nutrition and HDFS in Babasaheb Bhimrao Ambedkar (Central) University, Luck now. She has teaching experience of 30 years and Research Experience more than 28 years. Her field of specialization includes Food & Nutrition, Development of value added products, Child Nutrition, Community nutrition, Clinical & therapeutic Nutrition, Geriatric Nutrition, Nutrigenomics foods, Nanopackaging & Nanotechnology. She acquired a Doctor of Letters (D. Litt) from CCS University, Meerut, and was amongst pioneers from Home Science faculty. She has authored 354 research papers, of these about 263 found mention International Journals and 92 in national journal.

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Nutrition information seeking behaviour: A study of adult obese patients of the Fatima Memorial Hospital, Lahore

Zia Abeeda

University of Veterinary and Animal Sciences, Pakistan

Statement of the Problem: The prevalence of obesity is increasing throughout the world's population but its size varies greatly between and within countries. This study aims to investigate the information seeking behaviour of adult obese patients visiting Fatima Memorial Hospital. This issue has not been given adequate attention in research. It is necessary to look into this very important aspect if a society wants to become a healthy one.

Research method: Survey method, using a questionnaire was used to collect data from adult obese. These data were supplemented by qualitative interviews of two nutritionists. The initial instrument prepared by the researchers was reviewed by a panel of three experts for content validation. It was pilot tested on six obese adults getting nutrition information from UVAS Nutrition Clinic who were not part of the sample. It was revised in light of the input received. The questionnaire was personally administered by one of the researchers on 30 patients. Statistical analysis was done using SPSS. Twenty-eight respondents were female and only two male.

Findings: The results showed that most of the respondents gave preference to taste and cost in food selection. Grains, vegetables and fruit were highly preferred by the respondents. They used a variety of sources for nutrition information. The top three frequently used nutrition information sources were: family members, friends and the Internet. Most of the participants gave preference to the print format. A majority of the respondents reported lack of time during appointments to ask for nutrition advice, confusion with too much information, and contradictory information as the main problems in their information seeking. Recommendation: The results of this study can be used to provide improved nutrition information sources and services for adult obese and remove barriers to facilitate the use of nutrition information.

Biography

Abeeda Zia obtained her Master in Library and Information Science from the University of the Punjab, Lahore, in 2002 and joined the University of Veterinary & Animal Sciences, Lahore, as a cataloguer. UVAS is the oldest university in Pakistan that produces Doctor of Veterinary Medicine. Later I did my M. Phil. In 2017. My research topic was "Nutrition information seeking behavior: A study of adult obese patients of a Pakistani hospital. Now I am working as the Deputy Librarian at UVAS. I have expertise in Digital Library and Reference service. My areas of interest are: Nutrition, Pediatric Nutrition, Obesity and weight Management.