The effect of nutrition education on food choices of sixth grade children in a primary school

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The impact of behavior on health, with a special emphasis on children and adolescents, is a central focus for current health policy and for the prevention agenda. This is an interventional study with pre/post assessment. The objectives of which are to test KAP of children in sixth grade primary school as regards healthy eating habits and conduct health educational intervention. A pretest (questionnaire) was taken before the program to assess the KAP among school children as regards healthy eating habits. According to KAP analysis outcome, the health education material was tailored. All cases included in this study were subjected to health education intervention. Post test was taken after 2 weeks to determine the impact of the program. A total number of 100 students aged 11-12 years in the sixth grade primary were included. The results showed that 41% of studied group were boys and 59% were girls. The majority of students had a normal BMI 64%, overweight were 29% (23% boys & 33% girls), and only 14% were obese (12% boys & 16% girls). There was a great improvement in knowledge in relation to the number of meals per day from 6.7 to 50. For attitude the highest percentage of improvement was related to milk and yogurt snacks from 11.5 to 85.6 after intervention and for breakfast as a practice. Nutrition education should be introduced to school children as it highly affects their food choices and preferences.

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Psychiatric comorbidity in patients with Prader Willi syndrome- A case series

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Prader Willi syndrome (PWS) is a genetic disorder of physical and developmental consequence caused by loss of function on chromosome 15 (q11-q13). Patients with PWS often have concurrent behavioral disturbances such as preoccupation with food, skin picking or aggression. Psychosis has also been described in the adult PWS population. Obsessive-compulsive tendencies, and aggression are seen in younger PWS populations. Yet, little has been reported on the PWS population with bipolar disorder. In regards to treatment, SSRIs lessen obsessive compulsive and aggressive symptoms in some patients. However, there are case reports of increased aggression, food-seeking behavior or mania after starting an SSRI which may suggest underlying bipolar illness. Here we present five cases of Prader Willi syndrome patients exhibiting episodic manic symptoms indicative of bipolar mood disorder. We subsequently discuss individual treatment regimens. This case series demonstrates bipolar disorder which can be seen in adolescent as well as adult patients with PWS. SSRIs are the current mainstay psychiatric treatment for behavioral disturbances. However, this trend must be re-evaluated for the PWS population. We note the antipsychotics ziprasidone and risperidone prevented further manic episodes, guanfacine decreased aggression and NAC lessened skin picking. Ziprasidone, a weight neutral atypical, may be a better option than other atypicals when considering hyperphagia in PWS. Given the added burden of aggression in PWS, the common decade delay from symptom to diagnosis could lead to more morbidity in the PWS population compared to those without this syndrome.

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