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Comparison of body mass index of female patients between 18-65 and comparison of food consumption indices of female patients between 25-30 and 30-40 who applied to a nutrition and diet polyclinic of a private hospital

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The body mass index (BMI) of female patients between the ages of 18 and 65 who applied to a Nutrition and Diet Polyclinic of a Private Hospital and the dietary quality of female patients between the ages of 25-30 and 30-40 were compared using the Healthy Eating Index-2010 version (HEI-2010). This study was conducted on a total of 80 patients, 39 patients with a BMI of 25-30 and 41 patients with a BMI of 30-40. Food intake was measured by a general questionnaire and 24-hour retrospective recall and the diet was assessed by means of HEI averages. There was a positive correlation between grain composition and nutritional diversity and total HEI score. The HEI-2010 sustains several features of the 2005 version: (1) it has 12 components, including 9 adequacy and 3 moderation components; (2) it uses per 1000 calories or a percent of calories; (3) it makes use of least-restrictive standards. Changes to the index include: (1) Greens and Beans replaces Dark Green and Orange Vegetables and Legumes; (2) Seafood and plant Proteins, Fatty Acids, a ratio of poly- and mono-unsaturated to saturated fatty acids; (4) a moderation component, Refined Grains. There was a significant difference between the HEI groups according to their professions ($\chi^2=30.012$, $p<0.05$). 48.5% of the housewives were below 51 HEI, 51.5% were between 51-80 HEI; 66.7% of the public servants were under 51 HEI, 33.3% were between 51-80 HEI; 62.5% of the self-employed people were under 51 HEI, 37.5% were between 51-80 HEI; 40% of the retired people were under 51 HEI, 60% were between 51-80 HEI; 66.7% of the unemployed were between 51-80 HEI and 33.3% were over 80 HEI. 64.3% of the people with different professions participating in the study were under 51 HEI and 35% were between 51-80 HEI. When all of the professions were considered together, most of them, with 53.8%, were found to be below 51 HEI, 45% were between 51-80 HEI and 1.3% were over 80 HEI.

Biography

Hulya Demir, PhD, is an Assistant Professor of Health Science. She has published more than 20 papers in reputed journals.

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