

## Symposium Report

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Today may 12-2012 we attended the pediatric nutrition symposium at the four seasons hotel in Riyadh KSA.

There were 19 lectures given by different doctors in the field of nutrition. Ranging from topics about food drug interactions to glands and nutrition in pediatrics. We covered three of them, and summarized some key points below:

### Effects of dietary calcium intake on vitamin D levels and obesity in Saudi children

(10-10:15 Mrs. Sara Al-Mosharruf)

- *Relation between vit D deficiency and obesity (does obesity cause vit D deficiency or does vit D deficiency cause obesity?)*
- *Causes of vit D deficiency (specifically low calcium)*
- *Used randomized cross sectional study (children and adolescents) to determine the relation and results*
- *Methods: interview questionnaire, anthropometric, biochemical*
- *Population distributed to (preadolescent male/female, adolescent male/female)*
- *Female adolescents had the lowest vit D between all groups*
- *Female preadolescents and adolescents had lower serum vit D levels than males*
- *BMI was significantly lowest with high vit D levels (obese subjects had the lowest vit D levels)*
- *Serum vit D is significantly associated with (age,BMI,fat mass)*
- *Patients were categorized according to calcium intake, coffee intake, tea intake, physical activity, sun exposure*
- *83% of subjects have calcium deficiency*
- *No association was found between Ca intake and vit D deficiency*
- *lack of physical activity decreased vit D*
- *Recommendations: optimum duration of outdoor PA, food fortification of vit D*
- *Caffeine may be beneficial in increasing serum vit D levels*

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### Nutrition at school today: epidemiological study

(1-1:20 Mrs. Shaima AlKhalidi)

- *Obesity is now a global problem*
- *Childhood obesity is increasing worldwide. (including Qatar)*
- *A brief about the studies done in Qatar about the past 8 years*
  - A. *Growth pattern of Qatari preschool children*
  - B. *Growth patterns of Qatari school children and adolescents aged 6-18 years*
  - C. *Prevalence of obesity, overweight, and underweight Qatari adolescents*
  - D. *Anthropometric measurements and dietary habits of school children in Qatar*
  - E. *High prevalence of the risk of overweight among Qatari children ages 9-11*
  - F. *Obesity and low vision as a result of excessive Internet use and television using*
  - G. *A pilot study on metabolic syndrome and its association features among Qatari school children*
- *Focus on prevention of obesity rather than treatment*
- *ASPETAR - an organization created for this cause (prevention of obesity)*
- *Presentations and food models were taken to schools in Doha to educate children about healthy diets and lifestyles and physical activity coaches trained the children*
- *Food that is allowed/banned in schools*
- *National sports day (the second Tuesday from every February)*
- *Summary: importance in nutrition and health services are needed*
- *Interventions such as promoting regular PA and health education programs are beneficial*
- *There is a need to establish a national control program for the prevention and treatment of obesity*

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### The role of media in both obesity and malnutrition

(2-2:20 Dr.Abdullah Al-Mutawa)

- *Energy drinks (do they have any effects on short term energy?)*
- *Quantitative and qualitative studies*
- *Americans consume more energy drinks from any other nation*
- *Marketing makes energy drinks popular*
- *(redbull is the most famous energy drink in the world)*
- *In Norway, only pharmacies sell redbull*
- *In Denmark redbull is banned*
- *With the exception of caffeine little is known about the side effects of energy drinks*
- *Primary active ingredients:*
  - a. Caffeine (caffeine in redbull is equal to brewed coffee 80 mg)*
  - b. Guarana (it's linked to increase performance and enhance PA)*
  - c. Ginseng (energy booster)*
  - d. Inositol*
  - e. Taurine (beta suffer amino acid found in human bodies, it has been claimed that if you receive more taurine intake it will increase energy)*
- *Study: short term energy effects of Taurine*
- *Mixed method study (quantitative and qualitative)*
- *Recruitment in GUST university in Kuwait*
- *186 participants completed survey*
- *Inclusion criteria 13-23 year old students*
- *Quantitative - 7 athletes in Kuwait were chosen to complete an experiment*
- *They were asked to minimize intake of caffeine and exchange it with redbull to distinguish source of energy (taurine or caffeine)*
- *The reason behind consuming energy drinks in most kuwaities is to help them stay awake*
- *Conclusion 1000 mg of taurine does slightly increase short term energy and heart rate*

