



PP-OL-06

OBESITY AWARENESS AND ITS RELATIONSHIP TO SOCIODEMOGRAPHIC CHARACTERISTICS OF FILIPINO ADULTS: A SURVEY AMONG WORK-FROM-HOME EMPLOYEES IN METRO CEBU, PHILIPPINES

<https://doi.org/10.15605/jafes.037.AFES.99>

Jan Louie Gatillo, Ariane Corpuz, Theresa Leyco, Alexphil Ponce

St. Luke's Medical Center - Global City, Taguig City, Philippines

²*Cebu Doctors University Hospital, Cebu City, Philippines*

³*PAREF-Southcrest, Cebu City, Philippines*

OBJECTIVE

Worldwide prevalence of obesity has been increasing and is expected to worsen with the recent work environment restrictions brought about by the coronavirus disease pandemic. Awareness of obesity is an essential component in the prevention and treatment of obesity. However, there are no studies that have examined obesity awareness in the Philippines. This study aimed to determine the awareness on obesity and its relationship to various sociodemographic characteristics among Filipino adults working from home in Metro Cebu.

METHODOLOGY

This is a cross-sectional survey and was conducted in Metro Cebu, Philippines. Included were Filipinos aged 18 years old and above, non-healthcare professionals working from home. The research instrument used was the Obesity Awareness Questionnaire (OAC-20), covering different aspects of obesity.

RESULTS

A total of 458 respondents participated. The respondents were aware of majority of the important concepts on obesity with an average score of 79.18%. Despite having awareness on obesity, majority had a reported BMI above normal. Age ($p=0.198$), BMI ($p=0.397$), hours of work per day ($p=0.101$), and hours of physical activity per day ($p=0.458$) were not associated with obesity awareness among the studied population. Similarly, male and female ($p=0.515$), as well as single and married respondents ($p=0.629$) did not differ significantly in terms of their average obesity awareness scores. However, higher educational attainment ($p=0.044$) and higher socioeconomic status ($p=0.002$) were associated with higher obesity awareness scores.

CONCLUSION

The sampled population of Filipino adults working from home in Metro Cebu were aware of majority of the important concepts on obesity.

PP-OL-07

ASSOCIATION BETWEEN OBESITY PARAMETERS AND POOR OUTCOMES IN HOSPITALIZED PATIENTS WITH CONFIRMED MILD TO MODERATE COVID-19

<https://doi.org/10.15605/jafes.037.AFES.100>

Nadya Barus,¹ Farid Kurniawan,^{2,3} Robert Sinto,⁴ Arif Mansjoer,⁵ Dicky Tahapary,^{2,3} Syahidatul Wafa,^{2,3} Martha Rosana,^{2,3} Tika Pradnjaparamita,³ Rona Kartika³

¹*Department of Internal Medicine, Faculty of Medicine University of Indonesia, Cipto Mangunkusumo Hospital, Jakarta, Indonesia*

²*Division of Endocrinology, Metabolism, and Diabetes, Department of Internal Medicine, Dr. Cipto Mangunkusumo National Referral Hospital, Faculty of Medicine, Universitas Indonesia, Jakarta, Indonesia*

³*COVID-19, Aging, and Cardiometabolic Risk Factors (CARAMEL), Metabolic, Cardiovascular, and Aging Cluster, The Indonesian Medical Education and Research Institute, Faculty of Medicine, Universitas Indonesia, Indonesia*

⁴*Division of Tropical Disease and Infection, Department of Internal Medicine, Dr. Cipto Mangunkusumo National Referral Hospital, Faculty of Medicine, Universitas Indonesia, Indonesia*

⁵*Division of Cardiology, Department of Internal Medicine, Dr. Cipto Mangunkusumo National Referral Hospital, Faculty of Medicine, Universitas Indonesia*

OBJECTIVE

This study aims to assess visceral fat values, waist circumference (WC), body mass index (BMI), and body fat percentage for their ability to predict poor outcomes during COVID-19 patients' hospitalization.

METHODOLOGY

This research has been approved by an ethical committee. This study is a prospective cohort of mild-moderate COVID-19 cases at Cipto Mangunkusumo Hospital who were hospitalized from December 2020 to March 2021. Patients were examined for visceral fat values and body fat percentage using a bioimpedance analyzer (BIA), WC and BMI at admission. Multivariate logistic regression analysis was performed to assess visceral fat, body mass percentage, BMI, and WC abilities in predicting poor composite outcomes of ARDS and mortality.



RESULTS

Two hundred and sixty-one patients were included. Visceral fat (RR 1.12 [95% CI 1.03-1.21], $p=0.005$) and waist circumference (RR 1.05 [95% CI 1.02-1.08], $p=0.11$) were associated with poor outcomes. Neither body percentage (RR 0.99 [95% CI 0.96-1.02], $p=0.72$) nor BMI (RR 1.05 [95% CI 0.99-1.12], $p=0.11$) were associated with poor outcomes. Based on multivariate logistic regression, WC was statistically significant as an independent risk factor influencing poor outcomes in COVID-19 patients (RR 1.04 [95% CI 1.01-1.08], $p=0.003$), which can be interpreted that each 1 cm increase in waist circumference was associated with a 4% increased risk of composite poor outcomes.

CONCLUSION

Visceral obesity parameters were significantly associated with poor outcomes in mild to moderate COVID-19 cases.

PP-OL-08

UNDERDIAGNOSIS OF CHRONIC METABOLIC DISEASES IN PATIENTS WITH NEWLY DIAGNOSED ISCHAEMIC HEART DISEASE

<https://doi.org/10.15605/jafes.037.AFES.101>

Fionn Chua,¹ Ying Hui Mak,² Chong Boon Teo,³ Jielin Yew,⁴ Lily Mae Dacay,⁴ Zhong Hui Lee,² Kar Yi Audrey Lam,² Xuan Tang,⁵ Hui Ning Gabrielle Tan,³ Jenny Chen,³ Tzyy Yeou Ho,³ Hai Kiat Troy Puar,⁴ Joan Khoo,⁴ Weien Chow,⁶ Chin Shern Lau,⁷ Tar Choon Aw,⁷ Vern Hsen Tan,⁶ Khim Leng Tong,⁶ Boon Wah Liew,⁶ Colin Yeo,⁶ Wann Jia Loh⁴

¹Dietetics and Food Services, Changi General Hospital, Singapore

²Department of Pharmacy, Changi General Hospital, Singapore

³Yong Loo Lin School of Medicine, National University of Singapore

⁴Department of Endocrinology, Changi General Hospital, Singapore

⁵CTRU, Changi General Hospital, Singapore

⁶Department of Cardiology, Changi General Hospital, Singapore

⁷Department of Pathology, Changi General Hospital, Singapore

OBJECTIVE

Despite community screening efforts for common modifiable risk factors, we observed that chronic diseases such as type 2 diabetes (T2DM) were often only detected at the point of ischaemic heart disease (IHD) diagnosis. We aim to investigate the prevalence of underdiagnosed modifiable risk factors in patients with IHD.

METHODOLOGY

We assessed the prevalence of previously undiagnosed cardiovascular risk factors among hospitalized patients with IHD ($n=555$) and compared the differences between patients with newly diagnosed IHD (IHD-N, 46.5%) and patients with known IHD (IHD-K, 53.5%).

RESULTS

The patients recruited were mostly males (82.5%) of Chinese ethnicity (49.1%). Overall, there was a high prevalence of newly diagnosed hypertension (13.3%), hyperlipidaemia (13.2%) and T2DM (4.9%). Compared with the IHD-K group, prevalence of previously undiagnosed hyperlipidaemia (26.0% vs 2.0%, $p<0.001$), hypertension (24.8% vs 3.4%, $p<0.001$) and T2DM (7.0% vs 3.0%, $p<0.001$) was higher in the IHD-N group. Prevalence of active smoking was high at $\approx 50\%$ in both groups. The median concentration of total cholesterol and LDL-C were higher in the IHD-N group compared with the IHD-K group ($p<0.001$). Dietary habits of $>50\%$ of patients in both subgroups did not meet national recommendations for fruits, vegetables, whole grain and oily fish intake, although the IHD-K group had more regular omega-3 supplements intake (23.4% vs 10.4%, $p=0.026$) compared with the IHD-N group.

CONCLUSION

The high prevalence of previously undiagnosed chronic metabolic diseases among patients with newly diagnosed IHD underscores the importance of increased detection efforts as well as emphasis of a heart healthy diet and smoking cessation.