

Results: Total population 31815 patients (75% female, mean age in years (SD): 44.20 (11.6))

Significant differences between an early period 2003 to 2011 were observed and one late in the 2011-2015 which had already settled many therapeutic adaptations strategic (diversification for monitoring and patient care, multidimensional motivational enhancement, decisive changes in dietary patterns adaptations performance modules, etc. Noting the following differences:

Patients reached the maintenance first time: P1 (P=period of time) = 13%; P2= 53%. Patients that returned to the system: P1= 1r (r=re-entry): 25%; At least 2r 8.6%; At least 3r : 3%; At list 4r: 1%. P2= 1r: 36%; 2r: 12%; 3r: 2%; 4r: 0.35%. Weight threshold recovered: P1= 90% returned at least 1 time with weight regain but less weight than income; 78% returned at least one more time but with less weight than they had in the first return; 77% less weight than the second return. P2= 92% returned at least 1 time but with less weight than the start; 81% patients returned at least one more time but less than the last weight; 92% returned at least one more time but with less weight previous.

Number of active groups in maintenance: P1= 1; P2= 6. Rate asset maintenance patients: P1= 0.2%; P2= 12%.

Conclusions: The adjustments to the professionals to the needs of patients, and maturation of resources has a positive impact on the thresholds and therapeutic goals

Keywords: Comprehensive health system obese patients

Conflict of Interest Disclosure: It is important to mention for the analysis of implications that the researcher belongs to the institution in which it is investigated, this being the same one that funds the investigation. Private institution that performs activities of private order (individual attention in medical and nutritional clinics and therapeutic groups) and also public order activities (such as collaboration with public canteens, schools, physical activity open to the community in parks)

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BENEFITS OF DIETARY FIBRE FOR HUMAN HEALTH AND EATING HABITS IN DIFFERENT COUNTRIES

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Background and objectives: Because DF has unequivocally demonstrated many benefits for the human health, its consumption should be encouraged. In this way, this research aimed at identifying the eating habits regarding fibre rich foods and assessing the knowledge about the effects of DF as enhancers of human

wellbeing. The study was undertaken simultaneously in five countries situated in different parts of the globe, namely South America (Argentina), Africa (Egypt), South Europe (Italy), Central Europe (Romania) and North Europe (Latvia).

Methods: A descriptive cross-sectional study was carried out on a non-probabilistic sample of 2290 participants from 5 countries. The data collection was made by a questionnaires translated into the native languages in all participating countries.

Results: The consumption of vegetables and salads was higher for Argentina and lower for Egypt while fruits are more consumed in Italy and less in Latvia. Whole grains are more consumed in Latvia and Romania and less in Argentina and Italy. The knowledge about the benefits of DF for cardiovascular diseases and cholesterol is higher in Argentina, for bowel cancer and diabetes in Romania and for obesity and constipation in Latvia. Still, an important number of participants do not have opinions about the different health benefits of DF.

Conclusions: In general, the participants showed a moderate consumption of vegetables and fruits but low in whole cereals. The level of knowledge about the effects of DF on human health is still far from desirable levels, and differs considerably from country to country.

Keywords: Dietary fibre, eating habits, fibre rich foods, questionnaire survey

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FOSTERING SCIENTIFIC RESEARCH ON FOOD AND NUTRITION IN SCHOOLS. EXPERIENCE AT THE "TORRENT DE CAN CARABASSA" SCHOOL IN BARCELONA

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Background and objectives: The Catalan Foundation for Research and Innovation (FCRi) participates in the project "Amgen Exper(i)encia" within a European program, to provide a more complete and up-to-date scientific and technical education to our young people through the participation of retired scientists in the school centres.

Methods: The school "Torrent de Can Carabassa" in Barcelona is one of those participating in this program. 39 students with a mean age of 10 years participated in this program with retired pharmaceutical researchers in the field of food and nutrition. A survey was conducted to evaluate healthy habits of these children, regarding physical activity and diet, to focus on the scientific aspects in this field.

The intervention consisted in several talks, debates and workshops with a duration of 8 hours distributed in two months, with participation of students and professors.

Results: The discovery of the importance of research and the knowledge about relevant scientists gave as a result that 79% of