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ABSTRACTS



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- Serves as a forum for the sharing of research findings and information across broad areas in nutrition
- Publishes original research reports, topical article reviews, book reviews, case reports, short communications, invited editorials and letters to the editor.
- Welcomes articles in nutrition and related fields such as dietetics, food science, biotechnology, public health and anthropology

20 sit-to-stand transitions per day. Mean TC were 6.17 ± 1.46 mmol/L, LDL-C 3.94 ± 1.37 mmol/L, HDL-C 1.46 ± 0.42 mmol/L, TG 1.66 ± 0.94 mmol/L, glucose 6.84 ± 3.23 mmol/L, HMW adiponectin 3.53 ± 2.56 μ g/mL, leptin 44.8 ± 20.4 ng/mL. Fasting serum HDL-C concentration were significantly higher among those who spent less than 11 hours per day being sedentary ($p = 0.009$) and among those who had more than 73 sedentary breaks per day ($p = 0.017$) during waking hours. At the same time, TC concentration were significantly higher among those who had higher sedentary breaks per day ($p = 0.041$). There was no significant differences on other cardio-metabolic health markers including HMW adiponectin and leptin between different cut-offs of sedentary behaviour including step counts. It was also noteworthy that half (51.2%) of the breast cancer survivors in current study were identified to have metabolic syndrome when assessed using harmonised definition diagnosis criteria. In conclusion, HDL-C was significantly lower among those who spent longer sedentary time and lower number of sedentary breaks during waking hours while TC was interestingly higher with higher number of sedentary breaks. No differences were observed on cardio-metabolic markers and step count per day. Larger longitudinal study is needed to confirm whether there is direct relationship between sedentary behaviour and cardio-metabolic health markers.

YRA-O-03 Risk factors for stunting among 0-23 month old children in Bali, West Java and East Nusa Tenggara Provinces in Indonesia

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The study was carried out with the purpose to explore the risk factors of stunting among 0-23 month old children in Bali, West Java and East Nusa Tenggara (NTT). The data was gathered from Riset Kesehatan Dasar (Basic Health Research) 2010, Ministry of Health Republic of Indonesia. Bali, West Java and NTT were selected because they are categorised as having mild, moderate and severe levels of stunting among children aged less than five years respectively. Backward regression logistic was applied to analyse risk factors for stunting. A total of 1554 children

aged 0-23 months were selected in the analysis. Prevalence of stunting in Bali, West Java and NTT was 35.9%, 31.4% and 45.0%, respectively. The risk factors for stunted children were low birth weight (OR= 2.21, 95%CI= 1.006-4.860), mother's height less than 150 cm (OR= 1.77, 95%CI= 1.205-2.594), poor sanitation (OR= 1.46, 95%CI= 1.010-2.126) and pre-lacteal feeding (OR= 1.47, 95%CI= 1.000-2.154). The qualitative evaluation of macro factors demonstrated that low coverage of four pillars of Safe Motherhood (50%) and high hard physical labour among women in NTT may affect the highest LBW prevalence (19.2%) and may lead to the highest stunting prevalence (45.0%). Lower coverage of handled obstetric complications in Bali (38.54%) than in West Java (64.86%) and higher hard physical labour among women in Bali than women in West Java may affect the higher LBW prevalence in Bali (12.1%) than in West Java (10.9%). Higher LBW problem may lead to higher stunting in Bali, compared to West Java. In conclusion, low birth weight (LBW) is a dominant risk factor for stunting among 0-23 month old children in Bali, West Java and NTT Provinces.

YRA-O-04 A randomised trial to test the effectiveness of breastfeeding relaxation therapy on maternal stress, breast milk composition and infant outcomes

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Lactation involves complex physiological and psychological signalling between mother and infant and is energetically costly. Postpartum distress may affect the energy allocated in breast milk since it increases energy expenditure. If the mother is more relaxed, she may be able to allocate more energy to breastfeeding. Previous studies among mothers of preterm infants reported a significant increase in milk volume in those who listened to relaxation therapy during breastfeeding. No studies have investigated the effects of relaxation therapy on milk composition and the consequent effects on infant growth and behaviour. Thus, we would like to test the hypothesis that the breastfeeding relaxation intervention has favourable effects on both mother and infant outcomes. Pregnant women (n=88) were recruited from antenatal clinics in Klang-Valley, Malaysia. Following delivery,