

Evaluation of motivational stages and processes of change for weight management in obesity and after bariatric surgery

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Introduction: Motivation is an essential tool in the management of obesity. The possibility of evaluating the different motivational stages and the processes of change for weight management could be useful for health professionals and patients to achieve greater weight losses. Our objective was to evaluate the relationship of both parameters according different degrees of obesity, as well as the effect of bariatric surgery.

Methods: Multicenter cross-sectional study in which the S-Weight (stages) and P-Weight (processes for weight control) questionnaires were administered to 204 non-obese controls, 257 obese patients (BMI ≥ 30 kg/m²), and 93 patients after bariatric surgery, matched by age and sex.

Results: The S-Weight questionnaire showed that 80.9% of the obese patients and 73.4% of subjects after BS make efforts to control their weight compared to 37.8% of the non-obese controls ($p < 0.001$). In addition, there are significant differences in the results of P-Weight between obese subjects and controls: emotional re-evaluation (82.2 ± 11.7 vs. 53.9 ± 16.7 , $p < 0.001$), weight consequences evaluation (74.8 ± 15.4 vs. 37.5 ± 14.4 , $p < 0.001$), weight managements actions (66.7 ± 14.7 vs. 51.0 ± 16.8 , $p < 0.001$), and environmental restructuring (56.4 ± 18.4 vs. 38.6 ± 16.1 , $p < 0.001$). The score of patients who underwent BS was intermediate between the other 2 groups. In addition, overall evaluation of the entire population ($n = 554$) establishes a positive correlation between BMI and the score of questionnaires. Finally, the greater the weight loss after BS, the lower the score obtained.

Conclusion: Subjects with obesity perform many more actions for weight control than non-obese subjects. This result denies the idea that obese subjects do not care about their situation or future consequences; however, they do it so ineffectively. We suggest the idea that new strategies that conveniently take advantage of good predisposition of obese patients should be established. In addition, the evaluation of the motivational stages and the processes of change for weight management could be useful identifying those patients with better weight-response before and after BS. Acknowledgements: Grupo de Obesidad de la Sociedad Española de Endocrinología y Nutrición

Playing with food - Development and evaluation of sensory experiments and a training concept for kindergarten teachers

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Introduction: Familiarity with food is one of the main factors influencing the willingness of children to consume it. Already in early childhood, access to different food may lay the foundation for a varied, health-promoting diet and can influence preferences in a long-lasting way. In order to facilitate a broader sensory experience at early stage, the aim was to develop and evaluate a training program for pedagogical staff regarding sensory and nutritional content for children in kindergarten.

Methods: Sensory experiments were developed by an interdisciplinary team based on literature research and creativity meetings. Furthermore, a training concept was framed for and with kindergarten teachers in order to provide adequate and evidence-based knowledge in the field of health-oriented sensory science. Training materials included designed maps describing individual experiments as well as a booklet of scientifically founded content on sensory science and child nutrition. First, trainings took place with 28 kindergarten teachers in October 2015. In the subsequent evaluation phase, the same participants tested selected experiments in their setting. Afterwards the participants assessed practicability, acceptability and feasibility, as well as the design and content of the experiment cards via mailed questionnaire. Finally, a focus group Discussion took place for final exchange and collecting additional suggestions.

Results: The feasibility of the experiments as well as the descriptions and contents of the training were rated positive. Improvements were suggested regarding design of the cards, which were adopted. According to the pedagogical staff, the experiments can be well integrate into the setting. In addition, neophobia degradation and an increased willingness to taste new food could be observed by the trained participants. Furthermore, positive feedback was given from parents during the implementation phase in terms of an increased openness towards accepting new food and enhanced food vocabulary.

Conclusion: According to the evaluation Results, sensory experiments are an encouraging way to teach playfully a variety of nutrition to children in kindergarten and make them tasty. However, a regular implementation of the training with kindergarten teachers as well as an advanced training course focusing on "snacks for children" was suggested from the participants.

A systematic review of the effectiveness of workplace dietary interventions

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Introduction: The lack of evidence of the role of workplaces as settings for behaviour change delivery and the failure to recognise and address the complexity of the work environment has been acknowledged. The aim of this work was to review the effectiveness of dietary interventions in the workplace, facilitating an understanding of what works, why and how by identifying key components of and examining the theoretical models of behaviour change underpinning successful dietary interventions in the workplace.

Methods: Six databases were searched (MEDLINE, EMBASE, CINAHL, PsycINFO, CENTRAL and PubMed) for randomised controlled trials