

Results: Mean age of the participant was 36.9 years (SD 10.2 CI=95%). 77.2% of participants were females. Mean BMI of the participants was 23.0 Kgm⁻² (SD 3.8, CI = 95. 78.5% of participant stated that they do not use a list of good while shopping. Only 30.6% of them chose healthy foods while shopping. Usually 50.4% of them buy vegetable and fruits. 28.9% (n=35) of the participants were overweight.

In terms of assessing the dinning pattern, 83.5% do not concern about the recommended amount of salt and coconut oil while cooking. 15.7% participants concern about the proportion they eat. Observation revealed that 84.3% of them do having their dinner in front of television. Only 11.6% use flat plate to have their meal. In terms of pattern of PA 94.2% are not active in leisure time domain. 85.1% participants attended the PA session at the HP camp.

Conclusion - Health promotion camp would be an effective platform observe the nutrition related behavior of parents of school children. Also this would be an effective approach to connect parents with the school.

11. The Effect of Dietary Habits on the Glycemic Control of Patients with Diabetes. (Charilaos Dimosthenopoulos)

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Objectives: The diet is considered as the cornerstone of the regulation of diabetes. Despite the current knowledge about the positive impact of the appropriate and healthy diet on type 2 diabetes mellitus (DM2) very often this diet is not followed by the diabetic patients. Hippocrates project is a study of recording the cardiometabolic risk factor of a specific elderly population, living in the municipalities of Maroussi and Nea Ionia, Athens, Greece. The purpose of this study was to document the dietary habits of people with type 2 diabetes and to correlate their dietary habits with the total treatment of DM.

Methods: The study enrolled 72 patients (43.1% male) aged over 60 years for 73.1% of the subjects (while there was not a statistically significant difference between the sexes, $p = 0,205$). Patients who took part in the study responded to a structured questionnaire on demographic, anthropometric data and information related to type 2 diabetes and to another questionnaire with information on their dietary habits.

Results: The mean glycosylated hemoglobin was (HbA1c) $7,69 \pm 1,53\%$, with 32.7% of patients with a HbA1c value less than 7%. The duration of diabetes was $7,5 \pm 2,1$ years. The body mass index (BMI) was $32,46 \pm 5,92$ with no difference between sexes ($p = 0,480$). 73% of patients were overweight - obese [BMI > 25] with women having higher rates ($p = 0,011$).

73,9% of patients was consuming breakfast, 37.5% fruits over 8 times per week, 58.4% vegetables at least 2 times per week, 41% meat 2 times per week, 45,7% fish once a week , 63,2% pulses once a week, 31,2% chicken twice a week, 12.8% once a week. 17.3% of patients consumed sweets. We found a positive correlation of the control of diabetes with the breakfast consumption ($p < 0,0001$), consumption of vegetables ($p = 0,001$), of fish ($p = 0,001$) and of the presence of two main meals in the daily program ($p = 0,009$). Negative effects was found with the higher consumption of junk foods ($p = 0,008$), the consumption of soft drinks ($p = 0,036$) and the consumption of sweets ($p < 0,0001$).

Conclusions: The eating habits of people with type 2 diabetes affect the total control of diabetes. A well balanced dietary plan which follows the nutritional recommendations has a direct and positive effect on the glycemic control.