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International Congress on Biological and Health Sciences Abstract Book

ONLINE 26-27-28 FEBRUARY 2021

ISBN 978-625-409-647-1





International Congress on Biological
and Health Sciences

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INTERNATIONAL CONGRESS ON BIOLOGICAL AND HEALTH SCIENCES ABSTRACT BOOK

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Editor

Ulaş ACARÖZ

Published: 28/03/2021

ISBN: 978-625-409-647-1



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Editor's Note

The first 'International Congress on Biological and Health Sciences' was organized online and free of charge. We are very happy and proud that various health science-related fields attended the congress. By this event, the distinguished and respected scientists came together to exchange ideas, develop and implement new researches and joint projects.

There were 15 invited speakers from 10 different countries and also approximately 400 submissions were accepted from more than 20 countries. We would like to thank all participants and supporters. Hope to see you at our next congress.

Best wishes from Turkey

Assoc. Prof. Dr. Ulaş ACARÖZ

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Oral Presentation

“Stay at Home with Bakery Products” Can Be Public Motto of Quarantine Days in the SARS-CoV-2 Outbreak: Some Evidence from Web-Based Searches

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Abstract:

The aim of this retrospective infodemiological study is to determine the public interest in the bakery products during confinement days of coronavirus through Google Trends (GT). The category and regions selected in Google Trends were “food and drink”, Sweden, Turkey, and Italy, respectively. Sweden was included in to study as a control group because there is no quarantine implementation in the pandemic. The keywords of “flour”, “yeast”, “pastry”, “bread”, “biscuit”, “cake”, “cracker”, “pasta” and “pizza” were searched in Turkish, Italian, and Swedish language on GT. Search spectrums were “1 March 2011-31 May 2020” and “1 March-31 May 2020” to determine the monthly and daily search queries successively. According to last 10 years’ data, change of relative search volume (RSV) scores during March, April, May between 2020-2019 in the “flour” was (+22, +41,+40)/(+16,+52,+25)/(+55,+79,+28) and “yeast” was (+62,+71,+31)/(+27,+89,+24)/(+72,+90,+30) in Sweden, Turkey, and Italy, respectively. Search queries of "bread", "cake", "pasta" and "pizza" were too higher in Italy and Turkey within the search period, corresponding to previous year. There was significantly positive correlation between daily new cases of coronavirus and daily RSV values of “flour” ($r=0.86$, $p<0.001$), “yeast” ($r=0.89$, $p<0.001$) and bread” ($r=0.91$, $p<0.001$) in Italy and “yeast” in Turkey ($r>0.83$, $p<0.001$). GT has vital importance to following public interest and concerns especially in quarantine days of the pandemic. Quarantine enforcement can cause the over-interest in baked goods that generally have high carbohydrate and high fat. Excessive search volumes about baked goods can indicate to potential increasing of non-communicable diseases in the future. Therefore, the public should be informed about the adverse outcomes of unhealthy food choices in quarantine regions.

Keywords: bakery products; coronavirus; food choice; google trends; health impact



Oral Presentation

Comparison of Nutrition Education Methods Among High School Students

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Abstract:

Adolescence is an important life period and has crucial importance for the development of appropriate eating habits and a healthy diet. Dietary and educational interventions may help improving diet and thus may provide prevention from the development of lifestyle related diseases during both adolescence and in the future adulthood. Peer-led-nutritional-education (PLNE) (n=36); video-mediated-nutrition-education (VMNE) (n=36); nutrition-education-with-visual-tools (NEGVT) (n=36); and traditional-nutrition-education (TNE) (n=108) were performed. The aim of this population based educational intervention study with a pretest-posttest design study was to evaluate the effectiveness of different nutrition education methods on nutrition knowledge level in vocational high school students in Istanbul, Turkey. A total of 216 students from 3 high schools in Usküdar, Istanbul were randomly assigned to three different educational intervention method groups (video-mediated, peer-directed and visual aids), each consisting of 72 students to compare the effectiveness with the traditional education method. Before and after each training, nutrition knowledge level of adolescents were evaluated with Adolescent-Nutrition-Knowledge-Level (ABBID) questionnaire which includes subunits of adequate and balanced nutrition; essential nutrients, and malnutrition related diseases with a total score between 0 to 38. Shapiro-Wilk test, Mann Whitney U test, Wilcoxon Signed test and Spearman rho correlation analysis were applied for statistical analyses. All methods provided significantly increased post-test total scores compared to pre-test scores (p<0.05). Participants in PLNE had significantly higher post-test scores in all subunits of questionnaire than the participants of TNE (p<0.05). This study provides the efficacy and superiority in the success of peer led nutrition education method among adolescence. Further educational studies are required for the determination of the long-term effects of selected education on nutrition knowledge levels, habits, and behaviors of adolescents.

Keywords: adolescents; nutrition education; nutrition knowledge