

**Canadian Foundation for Dietetic Research
Dietetic Research Event – June 14-15, 2012**

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*Indicates the presenter [R] = Research abstract [E] = Experience-sharing abstract

**e-POSTER RESEARCH PRESENTATION ABSTRACTS
THURSDAY JUNE 14 , 2012**

CLINICAL RESEARCH, INCLUDING OUTCOMES OF INTERVENTION

Body mass index, waist circumference, risk eating behaviors and attitudes toward body figure in a female sample of Moncton University students.

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Introduction: The multifactorial origin of eating disorders is well known and among the most studied risk factors are: eating behaviors, high body mass index (BMI) and body thin-ideal internalization. Several studies have confirmed a high prevalence of these risk factors, particularly in adolescents and young adults, and predominantly in females. Objective: The purpose of this study was to evaluate the prevalence of risk eating behaviors and body thin-ideal internalization, and its relationship with BMI and waist circumference (WC) in a sample of female students from Moncton University in Canada. Method: A sample of 84 female students from Moncton University with a range of 18 to 30 years ($X=21\pm 2.1$), completed self-reported multidimensional questionnaire to assess risk eating behaviors and body thinideal internalization. To calculate Body Mass Index (BMI), each subject was weighed and measured, as well to get WC. Results: Results showed that 75 % had a normal weight. There were fewer students in the very underweight (1%) and underweight (3%) categories, than those in the overweight (15%) and obese (6%) categories. The prevalence of risk eating behaviors was 6% (mainly dietary restraint) meanwhile body thin-ideal internalization was 29%. For both risk factors, the analysis by BMI showed that the higher percentages were obtained for the overweight students. From 14% of students who reached $WC>80$ cm, 50% reported risk eating behaviors, and 70% body thin-ideal internalization. Significant correlations were founded between risk eating behaviors, attitudes toward body figure, BMI and WC. Conclusions: These findings are a significant contribution in the research field of eating disorders in Moncton, Canada and it must be consider in the design of new research in this topic.