

pre- and post-program evaluation questionnaires. A subsample completed a semi-structured, post-program telephone interview exploring their views on enablers and barriers to program engagement and retention. Fifty-seven families expressed interest in the program ($n=2$ ineligible, $n=23$ did not enrol). Of the 32 enrollees, 15 did not participate in any online sessions ('dropouts'), 14 participated in some sessions ('partial completers'), and three participated in all sessions ('completers'). Nine participants ($n=3$ 'completers', $n=6$ 'partial completers') completed the evaluation questionnaires. Eight reported being moderately/extremely confident in making changes to their child/ren's eating and activity patterns post-program compared to 1 pre-program. Overall, seven participants were extremely satisfied with the program and all nine would recommend it to other families. Interviews ($n=15$; $n=4$ 'non-enrollers', $n=5$ 'dropouts', $n=4$ 'partial completer', $n=2$ 'completers') identified five major (31 minor) enabler themes and four major (19 minor) barrier themes. Consistent major enabler and barrier themes were: (1) family factors, (2) program characteristics and (3) online delivery. The PEACH™ Lifestyle online program eliminated the geographical barrier of program access previously observed in PEACH™ programs delivered face-to-face, whilst maintaining improvements in parental confidence to make family healthy lifestyle changes. However, parental engagement remains a challenge. Future online programs should consider barriers to internet access and connectivity issues and strategies for improving engagement.

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66

Weight management practices associated with polycystic ovary syndrome and their relationships with diet and physical activity



Lisa J. Moran^{1,2,*}, Wendy J. Brown³, Sarah McNaughton⁴, Anju E. Joham¹, Helena J. Teede^{1,5}

¹ Monash Centre for Health Research Implementation, School of Public Health and Preventive Medicine, Monash University, Melbourne, Australia

² The Robinson Research Institute, University of Adelaide, Adelaide, SA, Australia

³ University of Queensland, Qld, Australia

⁴ Deakin University, Burwood, VIC, Australia

⁵ Diabetes and Vascular Medicine Unit, Monash Health, Clayton, VIC, Australia

Objective: To comprehensively examine weight management practices in a large community sample of women with and without PCOS and their associations with dietary intake and physical activity.

Design: This study is a large population-based observational cross-sectional study (Australian Longitudinal Study on Women's Health).

Setting: Australia.

Participants: Women in the 1973–78 cohort ($n=7767$ total; $n=556$ with PCOS, $n=7211$ without PCOS).

Main outcome measures: Healthy or potentially unhealthy weight management practices, dietary intake and physical activity.

Results: Women with PCOS were more likely to be following both healthy (reducing meal or snack size, reducing fat or sugar intake or following a low glycaemic index diet) and potentially unhealthy weight management practices (smoking or use of laxative, diet pills, fasting or diuretics) than women without PCOS. For women with PCOS, use of a range of healthy weight management practices were associated with increases in physical activity, diet quality, % protein and decreases in glycaemic index, % fat, % saturated fat, % carbohydrates or fibre. Use of potentially unhealthy weight management practices was associated with decreases in diet quality.

Conclusion: In PCOS, a common condition where lifestyle management is recommended first line,

we report novel findings that community-based women with PCOS are more likely to follow both healthy and potentially unhealthy weight management practices than women without PCOS. Use of healthy practices is generally associated with improved dietary intake or physical activity and use of potentially unhealthy practices is associated with poorer dietary intake. In PCOS we should focus on improving healthy weight practices across both diet quality and quantity and on addressing unhealthy weight practices and their potential adverse effect on dietary intake.

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67

Seniors' food shopping priorities



Simone Pettigrew*, Caitlin Worrall,
Nicole Biagioni, Zenobia Talati,
Michelle Jongenelis

*Curtin University, Perth, WA,
Australia*

Both obesity and malnutrition are serious health issues associated with older age, highlighting the importance of managing diet and nutrition to achieve healthy ageing. This study investigated seniors' priorities when food shopping to provide insight into health promotion strategies that could assist in optimising nutrition in later life. A novel exploratory approach was adopted to access and engage with older Australians. Various recruitment strategies (e.g., community newspaper and radio advertisements and flyers) were used to attract an initial cohort of seniors ($n=8$) who were subsequently trained in interviewing techniques and asked to invite up to 10 friends and acquaintances also aged 60+ years to participate in the study. These eight seniors then interviewed their peers, resulting in a final sample of 75 seniors. The interview guide covered a range of nutrition-related issues, including food shopping preferences and behaviours. The interviews were audio-recorded, transcribed verbatim, and analysed using NVivo11. The study produced a comprehensive typology of factors that influence seniors' food shopping behaviours, including those relating to store, product category, and brand decisions. Overall, the interviewees expressed satisfaction with current food retailing options and felt there was adequate range and quality available in most food product categories. Reflecting earlier research, price was of paramount concern. Nutrition-related issues nominated as problematic by the interviewees included packaged portion sizes and country of origin, the

latter being perceived as a serious nutrition issue. There was relatively little concern about specific micro or macro nutrients, with most considering their diets to be already healthy due to being based on a lifetime of nutrition knowledge. The findings indicate that the health value of foods could be made more salient to older shoppers to encourage them to reconsider their choices in the context of current dietary guidelines and reduce high levels of concern about country of origin.

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68

Invited talk: Understanding human movement and energy expenditure – How far have we wandered and are we on the right track?



Nuala Byrne

*Head of School | Health Sciences,
University of Tasmania, Launceston,
TAS, Australia*

In the field of obesity research, physical activity and activity energy expenditure were viewed for many years simply as one side of the energy balance equation. Interest in these domains was driven predominantly by the challenge to explain why obese individuals were in positive energy balance, and how much movement would be needed to offset levels of energy intake. An array of objective and subjective measurement approaches have been devised to capture movement in its various guises; sometimes with the intention to also measure energy expenditure. Misalignment of assessment tool and outcome measure can lead to misinterpretation of the extent to which physical activity level contributes to weight gain, and the particular therapeutic benefit of exercise for treating comorbidities. Despite considerable research effort, there remains some confusion in what physical activity messages and interventions are most valuable for combating obesity and comorbidities. Revisiting the basics of human movement measurement may be needed before we can fully appreciate the interface between physical activity and obesity.

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