

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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Seniors' food shopping priorities



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



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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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