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## Effect of breakfast intake on body mass index of females at one year after delivery in Alexandria, Egypt

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**Introduction:** Gestational weight gain (GWG) along with weight retention 1 year postpartum is associated with long-term obesity. Assessment of potential risky dietary behaviors might prevent weight retention and obesity.

**Aim:** To determine the effect of breakfast intake, beverages and snacks among postpartum females attending family health centers in Alexandria on the body mass index at one year after delivery.

**Methods:** One hundred postpartum cases with BMI>25 at one year after delivery were matched with one hundred normal weight control mothers for age between January and December 2014. All study participants were interviewed and dietary behavior was assessed using the Snack and Beverage Food Frequency Questionnaire (SBFFQ). Seven days recall of breakfast and snack intake was done. Mothers' intake of certain sweet and salty items during the prior seven days was assessed by asking how many days, how many times per day, and how much of the item the mother consumes. Finally, the intake was converted into the total calories consumed for each individual item and was summed to obtain the total daily caloric intake.

**Results:** Almost half (51%) of overweight and obese mothers ate breakfast six to seven days per week compared to almost one third (68%) of the females with normal BMI. GWG was between 8-16 kg in the cases while the range in the normal weight mothers was between 9-14 kg. Women with BMI>25 consumed 937 higher calories per week from salty snacks and sweetened drinks, and a lower BMI compared to normal weight mothers ( $p<0.05$ ). The mean caloric intake in overweight and obese mothers per day was  $2367.25 \pm 572.91$  compared to  $1430.63 \pm 333.23$  in females with normal body weight ( $p<0.05$ ).

**Conclusion:** More effort is needed to motivate regular breakfast intake and dietary behavior modification among postpartum mothers.

### Biography

Nermeen El Beltagy MD, PhD, MS, MPH, Professional C is a Professor in the Department of Obstetrics and Gynecology, Alexandria University, Egypt. She is a member of the International weight management in pregnancy (I-WIP) collaborators of the European Union). She received her medical degrees from Egypt, but the PhD in environmental health, and MPH in epidemiology degrees were from Saint Louis University in the USA. She earned her Professional Certificate in women's health from Exeter University, UK. She participated in the Risk Communication Challenges workshop, Harvard School of Public Health, Boston, Massachusetts, May 2003 and, attended "Evidence Based Public Health workshop", CDC, March 2003. She received the award of the best poster for the 1st International Conference in Quality in Obstetrics, Lyon France, 2011. She authored and coauthored over 10 peer reviewed publications mainly on the subjects of Causes and recommendations of maternal mortality and morbidity in Egypt, preeclampsia, maternal obesity and contraception. She is an editor of the American journal of cancer prevention. She is involved in a number of research projects investigating the role of exercise in disease prevention (especially diabetes and obesity) and the assessment of the role of breakfast intake during pregnancy on the rate of post-partum obesity. Also, she participated in a research project of the lipid profile in obese women.

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