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of protein metabolism was confirmed (by urea excretion carbamide) in 42.1% of children, leukopenia was recorded in 17.5% of children and lymphopenia in 7%. In Table 1, we have reflected the distribution of age groups according to the level of their physical development. Children of the age 3 or elder (28 children) underwent impedance measurements, which confirmed the deficit of lean mass in 89% (25) children, fat mass in 89% (25). Visceral protein:hypoalbuminemia in 12.3%, deficiency of protein metabolism was confirmed (by urea excretion carbamide) in 42.1% of children, leukopenia was recorded in 17.5% of children and lymphopenia in 7%. Comprehensive examination revealed iron deficiency anemia: low haemoglobin levels in 12.3% of people, serum iron in 8.8% of them. Vit.D deficiency was diagnosed in 22.8% of children, with a critically low level in 7%; more often in overweight children (Spearman (Sp.)  $r = -0.329$ ;  $p < 0.01$ )

**Conclusion:** Stagnation PD was found in 64.9% (37) children, young children were more pronounced (Sp.  $r = -0.513$ ,  $p < 0.01$ ). Lymphopenia was detected in children with growth retardation more often (Sp.  $r = -0.260$ ,  $p < 0.05$ ). Body weight deficiency in 63.2% (36) young children were more pronounced (Sp.  $r = -0.660$ ;  $p < 0.01$ ). Malnutrition was in 47.4% of children, low values of the visceral protein pool in 12.3%. Impedance analysis confirmed the deficiency of both protein and fat metabolism in 89% of children, thus confirming it to be a more accurate method for assessing NS. Vit.D deficiency was diagnosed in 22.8% of children, more often in overweight children (Sp.  $r = -0.329$ ;  $p < 0.01$ ). The most allergenic proteins in children of Russia are cows milk protein in 40% of cases, gluten in 35%, chicken eggs in 25%, fish and seafood in 18%; fructose intolerance in 12% and lactose in 2%

**Disclosure of Interest:** None declared.

#### P084

##### IMPACT OF COVID-19 PANDEMIC ON EATING HABIT AND MENTAL BEHAVIOR IN NON-PROFESSIONAL RUNNER VS. HEALTHY VOLUNTEERS

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**Rationale:** SARS-COV 2 pandemic has hit on our lives since early 2020. Several reports from literature showed an increase of anxiety and disordered eating habits (EA) among heterogeneous populations in study. Professional and non-professional athletes usually observe a regular EA regimen. Thus, we wanted to compare EA, mental behaviors of non-professional runners with healthy volunteers (HV), matched for sex and age, during COVID-19 pandemic.

**Methods:** we consecutively enrolled non-professional runners (NR) vs. HV via flyer advertisement. The subjects had to fulfill online EA and Scl-90 questionnaires, independently evaluated by our outpatient Nutrition Unit and Neurology Clinic specialists, respectively, of San Benedetto General Hospital.

**Results:** We consecutively enrolled 18 non-professional runners (12 females, mean age  $35.5 \pm 1.7$  years, BMI  $24.5 \pm 0.7$  Kg/m<sup>2</sup>), and 14 healthy controls (9 females, mean age  $35.4 \pm 1.4$  years, BMI  $23.4 \pm 0.8$  Kg/m<sup>2</sup>) on early 2021.

Over- and irregular (binge) eaters were significantly represented among NR vs. healthy volunteers ( $p < 0.05$ ).

NR had higher scores for obsessive-compulsive disorder, depression and sleep disturbances occurrence vs. HV (all,  $p < 0.05$ ). These findings were correlated with over- and irregular EA.

**Conclusion:** unexpectedly, NR athletes were significantly affected by SARS-COV 2 pandemic vs. HV in terms of EA and mental behavior impairment. These findings can be explained by the reduced physical activity of NR during pandemic.

**Disclosure of Interest:** None declared.

#### P085

##### TURKISH POPULATION'S ADHERENCE TO THE MEDITERRANEAN DIET AND FEAR OF COVID-19 DURING COVID-19 PANDEMIC LOCKDOWNS

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**Rationale:** The Mediterranean diet is a dietary pattern that rich in anti-oxidant foods, and associated with a lowered risk in obesity, chronic diseases, cancer and all-causes mortality, therefore can be recommended as a healthy diet to follow during COVID-19. Thus, this study was carried out to examine the adherence to the Mediterranean diet and its association with the fear of COVID-19 in Turkey during the pandemic.

**Methods:** A cross-sectional online survey was conducted using a questionnaire to collect the data about demographics (Age, gender, employment, presence of any disease), diet and physical activity habits and lifestyle behaviors during COVID-19 pandemic lockdowns periods. The fear of COVID-19 levels of the participants were determined by using the fear of COVID-19 scale (FCV-19S). The Mediterranean diet adherence scale was used for the evaluation of participants' adherence to the diet. All statistical evaluations were carried out with the SPSS 23 program.

**Results:** A total number of 746 individuals, 201 men and 545 women, participated to the study from 59 of 81 cities in Turkey. Additionally, 314 (42.1%) of the participants were found to live in a metropolis, 173 (23.2%) in a province, 234 (31.4%) in a county, and 25 (3.4%) in a town or village. The mean age of the participants was  $35.5 \pm 12.5$  years for men and  $29.8 \pm 8.9$  years for women. The mean BMI was found as  $26.8 \pm 3.8$  kg/m<sup>2</sup> for men and  $23.3 \pm 4.4$  kg/m<sup>2</sup> for women. FCV-19S were determined as  $15.2 \pm 5.3$  in men and  $17.5 \pm 5.6$  in women ( $p < 0.001$ ) and the Mediterranean diet adherence score was calculated as  $5.9 \pm 2.0$  in men and  $6.7 \pm 1.1$  in women ( $p < 0.001$ ). The Cronbach Alpha coefficient of the FCV-19S and Mediterranean diet adherence scale is respectively 0.852 and 0.420 which indicates that the scale is reliable. No statistically significant difference was found between individuals' FCV-19S and Mediterranean diet adherence score ( $p > 0.05$ ). Similarly no statistically significant difference was found between individuals' FCV-19S and Mediterranean diet adherence score according to the geographical segments or condition of having chronic disease. There is no significant difference mean of FCV-19S and Mediterranean diet adherence score according to the condition of having COVID-19 disease in men, but there is a significant difference individuals' BMI ( $p < 0.01$ ). For women, no statistically significant difference was found mean of FCV-19S, but there is a significant difference individuals' BMI and Mediterranean diet adherence score according to the condition of having COVID-19 disease ( $p < 0.05$ ).

**Conclusion:** Before COVID-19 pandemic, Pehlivanoglu et al. (2019) found the Mediterranean diet adherence score in Turkey as  $6.83 \pm 3.34$  while in this study, it was found as  $6.47 \pm 2.06$  during the COVID-19 lockdown. Bakioglu et al. (2020) found FCV-19S in Turkey as  $19.44 \pm 6.07$  when it was found as  $16.87 \pm 5.63$  in this study. However, as the COVID-19 pandemic is ongoing, our data need to be confirmed and investigated in future more extensive population studies.

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**Disclosure of Interest:** None declared.

#### P086

##### HOW DID THE PANDEMIA PROCESS AFFECT THE RATIOS OF NUTRITION TREATMENT?

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**Rationale:** The COVID-19 pandemic, influencing the whole world, affects the management of the nutritional status of patients and treatment methods due to both isolation and quarantine measures and economic difficulties experienced individually or socially. The aim of this study is to evaluate the effect of pandemic on nutrition therapy in a center designated as a pandemic hospital.