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Results: Among all of the patients, 178 (14%) patients experienced an in-hospital death. The optimal cut-off values were 5.5 for the CONUT score. Multivariate analyses identified CONUT was an independent predictor for postoperative short-term complications (OR 3.242; 95% CI 2.148–4.892; $P < 0.001$). We further explored that patients with high CONUT score had a higher incidence of in-hospital complications (13.1% vs 8.6%, $P < 0.001$) and prolonged hospital stay (14.86 ± 9.95 vs 13.83 ± 9.46 , $P < 0.001$), but total hospital costs were not significantly higher (3.37 ± 28.83 vs 2.74 ± 4.08 , $P = 0.105$).

Conclusion: The present study demonstrated that the CONUT score was an independent predictor for in-hospital mortality in elderly patients.

Disclosure of Interest: None declared.

P039

COMPARISON OF DIETARY INTAKE, PHYSICAL ACTIVITY, AND SLEEP BEFORE AND DURING RAMADAN AMONG SAUDI ADULTS

A. Alzhhrani¹, M.H. Alhussain^{*1}, A. Bahammam². ¹Department of Food Science and Nutrition, Saudi Arabia; ²Department of Medicine, King Saud University, Riyadh, Saudi Arabia

Rationale: During the holy month of Ramadan, healthy adult Muslims must abstain from eating and drinking from dawn to sunset. Notable lifestyle changes can occur due to the sudden shift in eating routine with fasting during daylight hours. Therefore, this study aimed to examine the changes in dietary intake, physical activity level (PAL), and sleep duration before and during Ramadan among healthy Saudi adults.

Methods: The study was conducted in Jeddah city, Saudi Arabia, and a total of 115 Saudi adults (96 females and 19 males) were recruited. Inclusion criteria were: healthy Saudi aged 18–45 y, with no self-reported history of serious medical conditions, not under medications, not dieting or seeking to lose weight (weight stable during the past 3 months), and not pregnant or lactating females. To compare lifestyle changes before and during Ramadan, dietary intake, PAL, and sleep duration were collected over three months in two separate periods: the first period was before Ramadan (during the two months before Ramadan, 2019), and the second period was during Ramadan (the last three weeks of Ramadan, 2019). Dietary intake was assessed using 24-hour food recall. PAL was assessed using the International Physical Activity Questionnaire Short Form (IPAQ-SF). Sleep duration was assessed using a sleep record for seven consecutive days. Anthropometric measurements including height, body weight, BMI, waist circumference and body composition were also taken before and during Ramadan. Paired t-test, and Chi-square test were used to assess the changes in the study variables in the two periods.

Table 1:

Characteristics of study participants before and during Ramadan (n=115).

Variables	Before Ramadan	During Ramadan	*P-value
Height (cm)	158.2±8.41	158.2±8.41	-
Weight (kg)	66.4±18.1	66.1±17.8	0.04
BMI (kg/m ²)	26.4±6.1	26.3±6.0	0.04
Waist circumferences (cm)	86.1±15.1	86.9±14.9	0.09
Body fat (%)	37.43±0.1	37.32±0.1	0.61
Visceral fat	6.6±3.8	6.5±3.7	0.35
Energy (kcal/day)	1482.9±536.4	1635.5±635.1	0.01
CHO (%)	48.2 ±9.1	48.1±8.3	0.90
Protein (%)	16.3±4.9	14.8±4.6	0.01
Fat (%)	35.6±9.2	37.1±9.0	0.19
CHO (g/day)	180.8±72.1	202.6±88.7	0.00
Protein (g/day)	59.3±23.0	59.1±23.2	0.90
Fat (g/day)	65.4±63.6	69.7±32.3	0.46
PAL			0.19
Sedentary	60 (52.20)	56 (48.70)	
Moderate	37 (32.20)	47 (40.90)	
Vigorous	18 (15.60)	12 (10.40)	
Sleep duration (hour)	7.54±1.7	7.59±1.0	0.83

Note: Data expressed as mean±SD or frequency and percentage N (%). *p-value tested by paired t-test for continuous variables and Chi-square test for categorical variables, p-value significant < 0.05. Abbreviations: BMI, Body mass index; CHO, carbohydrates; PAL, physical activity level; SD, standard deviation.

Results: Table 1 displays characteristics of study participants across the study periods. The results revealed significant increases in the mean daily energy intake and carbohydrates (CHO, g/day) during Ramadan compared with before Ramadan (p -value < 0.05), whilst the percentage of energy from protein (%) was significantly decreased in Ramadan (p -value < 0.05). No significant changes in PAL or sleep duration before and during Ramadan were observed. However, there were significant decreases in body weight and BMI during Ramadan compared with before Ramadan (p -value < 0.05).

Conclusion: This study indicates that during Ramadan, there was greater daily energy and CHO intake with no changes in PAL or sleep duration. The study also suggests that Ramadan fasting may be a promising weight loss strategy. Future investigation concerning the potential benefits of Ramadan fasting is needed.

Disclosure of Interest: None declared.

P040

DIETARY HABITS AND LIFESTYLE CHANGES DURING THE COVID-19 PANDEMIC IN ANKARA, TURKEY

D. Gumus, S. Sevim*, G.G. Topal, M. Kizil. Nutrition and Dietetics, Hacettepe University, Ankara, Turkey

Rationale: COVID-19 pandemic has caused changes on human health, behavior and lifestyle in worldwide since the outbreak in December 2019. Lockdowns, quarantine measurements, working and studying from home and stress can affect eating habits during this period. Therefore, the aim of the current study was to evaluate dietary habits and lifestyle changes during the pandemic.

Methods: A cross-sectional study was conducted through an online questionnaire consisting of sociodemographic characteristics, anthropometric measurements, nutrition, physical activity and lifestyle habits. A total number of 379 individuals, 117 men (30.9%) and 262 women (69.1%), participated to the study. Individuals were asked to declare their consumption of certain foods and food groups, and lifestyle habits comparing before and during the pandemic period. Statistical evaluation of the data was carried out with the SPSS 23 program.

Results: A total of 379 respondents whose the mean age is 33.8 ± 10.9 years have been included in the study. The mean body mass index of the participants is 24.8 ± 4.6 kg/m². In the pandemic, it was determined that the consumption of fresh fruits and vegetables ($p > 0.05$), homemade meals ($p > 0.05$), and herbal tea increased ($p \leq 0.001$), whereas the consumption of takeaway meals ($p \leq 0.01$) and fast food decreased ($p \leq 0.05$). While 39.6% of all participants stated that they feel more hungry than usual during the lockdown and this rate is higher for women (49.6%, $p \leq 0.05$). 22.7% of the participants stated that they had difficulty in purchasing food. 2.6% of smokers indicated that they quit smoking during the pandemic. It was observed that 67.5% of the participants used supplements and 28.9% of them started using supplements during the pandemic period. While 38.3% of the participants stated that they did physical activity in the pre-pandemic period, the rate of participants who continued to do physical activity during the pandemic period was determined as 30.3%.

Conclusion: Due to the pandemic lockdown, sedentary lifestyle might be increased in adults. It has been shown that the food groups and amounts consumed differed compared to the pre-pandemic. While lockdown is a necessary to protect public health, Results in this study indicate that it alters adults' lifestyle changes, physical activity and eating behaviors in Ankara.

Disclosure of Interest: None declared.

P041

INTAKE AND SOURCES OF TOTAL SUGAR AMONG FILIPINO CHILDREN AND ADOLESCENTS AGED 7 MONTHS TO 18 YEARS

M.S.V. Amarra^{*1}, F. de los Reyes². ¹Department of Food Science and Nutrition, University of the Philippines Diliman, College of Home Economics, Philippines; ²School of Statistics, University of the Philippines Diliman, Quezon City, Philippines