At no point in the life cycle is nutrition more important than before and during pregnancy. Diet is a major environmental factor influencing the development of the embryo and fetus, while maintaining maternal health. Impaired development in utero may “programme” the fetus for developing metabolic diseases in adulthood. The aim of the present study was to examine maternal nutrient intakes during early pregnancy. 257 healthy women were recruited from the antenatal clinic at the National Maternity Hospital in Dublin. Participants were considered for this study if they were between 10 and 18 weeks gestation, had a singleton pregnancy, with adequate English. All participants completed a 3-day food diary and recorded in as much detail as possible their food and beverage intakes. Collected data were entered into NetWISP version 3.0 (Tinuviel Software, Llanfechell, Anglesey, UK) and statistical analysis was carried out in SPSS version 15.0 (SPSS Inc.). Results showed that mean daily intake of certain micronutrients were insufficient and did not meet the recommended dietary allowances (RDA) for pregnancy. Mean dietary intake of folate was 271.5 µg (SD 111.4), vitamin D was 2.7 µg (SD 2.1), calcium was 877.8 mg (SD 515.9), and iron was 11.1 mg (SD 5.7). Alarmingly, only 2 (0.8%) women met vitamin D recommendations, while only 8 (3.1%) women met folate recommendations. Sodium intakes were above recommended levels for the general population. These data highlight the urgent need for better public health interventions among pregnant women and consideration to fortify foods with folic acid in Ireland.

### Poster session 1

**P1-236** HABITUAL NUTRIENT INTAKES DURING EARLY PREGNANCY OF WOMEN LIVING IN IRELAND

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**P1-237** POST-SEPARATION PARENTING ARRANGEMENTS: PATTERNS AND DEVELOPMENTAL OUTCOMES

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**P1-238** THE POTENTIAL CONTRIBUTION OF EPIDEMIOLOGY TO THE RESOLUTION OF DISPUTES ABOUT CAUSATION IN PERSONAL INJURY LAW

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### Poster session 2

**P1-239** HOW CHANGES IN THE RATES OF OBESITY AND SMOKING PREVALENCE IN ENGLAND WILL HAVE AN IMPACT ON THE FUTURE INCIDENCE OF CORONARY HEART DISEASE?


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**Introduction** Smoking prevalence in England has been falling since the 1970s, leading to a substantial reduction in Coronary Heart Disease; but it is now relatively static. At the same time obesity rates have steadily been rising. This is confounded by the fact that giving up smoking has been associated with significant weight gain.

**Methods** We use methods developed for the English Government Tackling Obesities to predict future trends in obesity and their attendant health problems. We then apply them to future tobacco trends. We then project their impact on future trends in Coronary Heart Disease.

**Results** Coronary heart disease rates attributable to smoking will continue to decline until 2020, while the rates attributable to obesity will continue to rise. By 2050 rates of Coronary Heart Disease will begin to rise above current rates as CHD attributable to obesity surpass the gains from smoking reduction.

**Conclusion** If the rise in obesity is unchecked, any benefits to Coronary Heart Disease rates from smoking reduction will be overtaken in the next 20 years by the growth in obesity. This message needs to be understood by policy makers both in England and globally and in particular weight management advice needs to be incorporated into stop smoking services.