not been sufficiently studied. Sectional analyses were conducted among menopausal employees (n = 486), participating in a longitudinal study (the Pró-Saúde Study). Data on insomnia complaints (IC), menopausal characteristics, self-report of physical morbidity, medical diagnosis, common mental disorders (CMD), social support and stressful life events (SLE) were collected. Insomnia complaints were analysed as polytomous outcome (frequent, occasional and absent), and crude and adjusted ORs were calculated by multinomial logistic regression. Prevalences of frequent and occasional IC among women in menopause were 25.7% and 32.7%, respectively. Menopause characteristics were not associated with IC. Presence of CMD (GHQ-12) was strongly associated with IC [OR = 1.58 (95% CI 1.07 to 2.34)]; for DMS OR = 1.61 (95% CI 1.08 to 2.41); and for GIC OR = 1.65 (95% CI 1.15 to 2.43). These results are consistent with other studies, and show that menopause is significantly associated with the presence of insomnia, is independent of age, income, education, CMD, SLE and social support. The results of our study can help highlight the importance of managing/treating insomnia associated with menopause.

P1-503 MENOPAUSE AND INSOMNIA IN THE PRÓ-SAÚDE STUDY: ASSESSING THE ROLE OF PSYCHOSOCIAL, SOCIO-ECONOMIC AND DEMOGRAPHIC FACTORS

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1R Rabaína,* 2C de S Lopes, 3L Rotenberg. 1Universidade do Estado do Rio de Janeiro, Rio de Janeiro, Brazil; 2Fundação Oswaldo Cruz, Rio de Janeiro, Brazil

Studies show that insomnia in menopause may be associated with psychological symptoms, which would reflect its association with depression and high levels of tension and stress. To estimate the prevalence of insomnia and to assess its association with menopausal status in a population of women, a cross-sectional study was conducted among employees of a university in Rio de Janeiro, participating in a longitudinal study (the Pró-Saúde Study) (n = 2189), using a self-administered questionnaire to evaluate insomnia, menopausal status and other variables. Non-pregnant women who reported absence of menstruation were considered “in menopause”. Insomnia was ranked as difficulty initiating sleep (DIS), difficulty maintaining sleep (DMS) and general insomnia complaints (GIC). Crude and adjusted ORs were calculated by multivariate logistic regression. Among women in menopause, prevalence of insomnia was 20.8% for difficulty initiating sleep, 21.8% for difficulty maintaining sleep, and 25.7% for general insomnia complaints. In the final model, adjusted by socio-economic and demographic variables, common mental disorder (CMD), stressful life event (SLE) and social support, all insomnia categories were associated with menopause. ORs were the following: for DIS OR = 1.58 (95% CI 1.07 to 2.34); for DMS OR = 1.61 (95% CI 1.08 to 2.41); and for GIC OR = 1.65 (95% CI 1.15 to 2.43). These results are consistent with other studies, and show that menopause is significantly associated with the presence of insomnia, is independent of age, income, education, CMD, SLE and social support. The results of our study can help highlight the importance of managing/treating insomnia associated with menopause.

P1-504 DIETARY INTAKE AND ADEQUACY TO NUTRITIONAL RECOMMENDATIONS IN PREGNANT WOMEN IN A MEDITERRANEAN AREA. INMA-VALENCIA COHORT

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1C L Rodriguez-Bernal,* 2R Ramón, 1M Murcia, 2J Quiñé, 2J Vicque, 2E Navarrete, 2M Rebagliato, 2F Ballester, 1Centro Superior de Investigación en Salud Pública, Valencia, Spain; 2Dirección General de Salud Pública, Valencia, Spain; 3Universidad Miguel Hernández, Alicante, Spain

Introduction Maternal diet may be an important determinant of maternal and infant health outcomes. However, the nutritional status of pregnant women in the Spanish Mediterranean region has been scarcely studied.

Methods We studied 822 women from the INMA-Valencia cohort. Intakes from food and supplements in early pregnancy as well as adequacy to dietary recommendations were assessed according to maternal characteristics. Adequate intakes for food groups were estimated based on Spanish dietary guidelines. Intake inadequacy for nutrients was assessed using the Dietary Reference Intakes of the Institute of Medicine. Descriptive statistics of dietary intakes were reported. We contrasted the distribution and the adequacy of intake according to maternal characteristics by means of ANOVA, post-hoc tests and logistic regression.

Results Overall, more than 50% of the population studied had deficient intakes of cereals and legumes, carbohydrates, n-3 and n-6 fatty acids, and exceeded the recommendations for total fat intake. Prevalence of inadequacy for folate, iron and vitamin E from foods ranged from 99% to 70%. Younger and less educated women had lower intakes of vegetables, proteins and n-3 fatty acids and higher intakes of trans-fatty acids along with a greater prevalence of inadequacy for micronutrients. Spanish women showed lower intakes of fruits and carbohydrates and higher intakes of proteins, total fat, saturated fatty acids, MUFA and n-3 fatty acids compared to their foreign counterparts.

Conclusion Women in the studied area have inadequate intakes of several nutrients relevant during pregnancy. Besides age and education, origin is an important determinant of dietary intake and adequacy.

P1-505 CURRENT DIET VS DASH DIET ASSESSED BY FOOD FREQUENCY QUESTIONNAIRE USING FOOD GROUPS: AGREEMENT AMONG HYPERTENIVE PATIENTS

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1S L Roissato,* 2F Moselle, 1G Guizioni, 1,3B Moreira, 1,2S C Fuchs. 1Universidade Federal do Rio Grande do Sul, Porto Alegre, Brazil; 2Hospital de Clinicas de Porto Alegre, Porto Alegre, Brazil

Introduction Dietary guidelines for hypertensive patients require methods able to identify food patterns and monitoring adherence, which could be based on a simplified Food Frequency Questionnaire (FFQ) for food groups.

Objective To develop a FFQ for food groups in order to easily recommend the DASH (Dietary Approach to Stop Hypertension) diet for hypertensive patients.

Methods A cross-sectional study was conducted among adults, aged 20 to 69 years, from a Hypertension clinic of a reference centre (Hospital de Clínicas de Porto Alegre), in southern Brazil. Data gathering using two sequential 24 h recalls (RA 24 h) were adopted to assess dietary intake. A list of food groups was generated, based on the DASH diet adapted to the southern Brazil population. A pilot study, including 30 individuals, was conducted to test the FFQ structure, consumption of food groups, two periods of recall, and pictures and wording for food items identification.

Results A sample of 127 hypertensive patients were interviewed at seven and 30 days, using a qualitative FFQ with 40 items aggregated...
into eight food groups, based on the DASH diet. The pictures of food items were useful to remind patients of the components of food groups. As a result, FFQ was quickly applied, in approximately 20 and 16 min for FFQ at 30 and for 7 days, respectively.

**Conclusion** This first step allowed detecting that the FFQ for food groups was feasible at seven and 30 days, and no major issues were detected during the testing.

**P1-506** MULTILEVEL MODELLING OF SURVEY DATA
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1,2 S Rozi,* 1 S Mahmud, 2 G Lancaster. 1 Aga Khan University, Karachi, Pakistan; 2 Lancaster University, Lancaster, UK

**Introduction** Presently, about five million people worldwide die yearly from tobacco related diseases. The WHO currently estimates that there are 1.3 billion people who are regular smokers.

**Objectives of data analysis** To develop two level random effects logistic regression model for the analysis of clustered binary responses to identify factors associated with smoking among school going male adolescents. To assess if the variability between schools is different for the public and private schools using a random coefficient model. Two random effects will account for the variability between public and private schools respectively. To contrast different findings between the public and private schools using a random coefficient model. Two random effects will account for the variability between public and private schools respectively. To contrast different findings between the public and private schools using a random coefficient model. Two random effects will account for the variability between public and private schools respectively.

**Results** Final multilevel random effect model showed that between cluster variance is significantly different from zero (p value of likelihood ratio test =0.01), which indicates that there is variability between schools and we need to take between cluster variance into account by using multilevel modelling. The Intra-class Correlation quantifies consistencies among observations within each cluster and it is also greater than zero (ICC =0.15).

**P1-507** POLYMORPHISMS IN GENES RELATED TO SEX STEROID TRANSPORT AND SIGNALLING MODULATE MENOPAUSAL HORMONE THERAPY EFFECT ON RISK OF COLORECTAL CANCER
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1 A Rudolph, 2,3 J Sainz, 1 R Hein, 2 M Hofmeister, 2 B Frank, 3 A Forst, 2 K Hemminki, 3 H Brenner, 1 J Chang-Claude. 1 Division of Cancer Epidemiology, German Cancer Research Center, Heidelberg, Germany; 2 Division of Molecular Genetic Epidemiology, German Cancer Research Center, Heidelberg, Germany; 3 Division of Clinical Epidemiology and Ageing Research, German Cancer Research Center, Heidelberg, Germany

**Introduction** Menopausal hormone therapy (MHT) has been associated with reduced colorectal cancer (CRC) risk. Since the underlying biological mechanisms of MHT effects on CRC are unknown, we investigated whether single nucleotide polymorphisms (SNPs) in genes related to sex steroid metabolism, transport and signalling modify MHT-associated CRC risk.

**Methods** 47 SNPs in 16 candidate genes related to sex steroid transport (ABCB1), metabolism (CYP1A1, CYP1A2, CYP1B1, CYP2C9, CYP2C19, CYP3A4, CYP17A1, GSTP, HSD17B1) and signalling (ESR1, ESR2, SHBG, PGR, NR1D2) were genotyped using genomic DNA samples from 685 female postmenopausal CRC patients and 664 controls without CRC of a German population-based case-control study (DACHS). Unconditional multivariate logistic regression was performed and effect modification was assessed using a multiplicative interaction term.

**Results** CRC risk associated with ever MHT use as well as with duration was significantly modified by rs1202168 in ABCB1 (p interaction =0.04). The MHT-associated risk reduction was no longer significant in homozygous non-carriers, while homozygous carriers of the minor T allele had a 57% lower risk with ever use of MHT and a 22% lower risk per 5 years of MHT use. Significant effect modification was also observed for rs910416 in ESR1, whereby the decreased CRC risk was attenuated in carriers of the minor C allele (p interaction =0.05 for ever use and 0.07 for duration of use).

**Conclusion** Our results provide the first evidence that polymorphisms in sex steroid-related genes may modify CRC risk associated with MHT. Our findings warrant replication in independent study populations.

**P1-508** OESTROGEN RECEPTOR β EXPRESSION IN COLORECTAL CANCER
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1 A Rudolph, 2 J Toth, 3 R Hein, 4 M Hofmeister, 2 G Herpel, 4 H Brenner, 1 J Chang-Claude. 1 Division of Cancer Epidemiology, German Cancer Research Center, Heidelberg, Germany; 2 Department of General Pathology, Institute of Pathology, Heidelberg, Germany; 3 NCT Tissue Bank, National Center for Tumor Diseases (NCT), Heidelberg, Germany; 4 Division of Clinical Epidemiology and Ageing Research, German Cancer Research Center, Heidelberg, Germany

**Introduction** The oestrogen receptor β (ERβ) is the primarily expressed ER in the large intestine and has been found to have inhibitory effects on colon cancer cells. We therefore investigated, whether the ERβ expression in tumour tissue from colorectal cancer (CRC) patients is associated with tumour/clinical characteristics.

**Methods** We used tissue micro arrays consisting of paired normal and tumorous tissue samples from 1262 CRC cases of a German population-based case-control study (DACHS). ERβ expression was measured via immunohistochemistry. Multinomial logistic regression was used to assess the association of ERβ expression with tumour/clinical characteristics.

**Results** Measurement of ERβ expression was successful in 1101 patients. ERβ was strongly expressed (>50% positive cells) in normal intestinal tissue, whereas high ERβ expression was found in 16%, moderate expression in 29% and no expression in 42% of tumour samples. Strong vs no expression of ERβ was inversely associated with higher UICC stages (stage II OR=0.42, 95% CI (0.26 to 0.66); stage III OR=0.40, 95% CI (0.25 to 0.65); stage IV OR=0.52, 95% CI (0.29 to 0.92); p trend=0.01). Furthermore, cases with strong ERβ expression had a significantly smaller tumour extent (T2 OR=0.51, 95% CI (0.24 to 1.10); T3 OR=0.24, 95% CI (0.11 to 0.49); T4 OR=0.24, 95% CI (0.10 to 0.60); p trend<0.001) than cases with no expression. No significant associations were seen with histopathological grading, nodal status, distant metastasis, tumour localisation, neoadjuvant treatment, age or sex.

**Conclusion** We observed an association between high ERβ expression and smaller tumour extent and confirmed previous reports of an association between high ERβ expression and less advanced tumour stages.

**P1-509** STUDY AETIOLOGY OF LACTATION FAILURE IN NEONATAL AFFlicted BY HYPERNATREMIC DEHYDRATION: A CASE CONTROL STUDY
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1 S Salarilak,* 2 Z Fakour, 1 H Zanjani. 1 Islamic Azad University, Tabriz Branch, Tabriz, East Azerbaijan, Iran; 2 Urmia Medical University, Urmia, West Azerbaijan, Iran

**Introduction** Neonates can lead to neonatal hypernatremic dehydration in the first days of life due to several risk factors such as prematurity, sepsis, and/or multiple congenital anomalies. Maternal factors such as lactation failure, breast feeding difficulties, etc. are other risk factors that can contribute to hypernatremic dehydration. Several studies have identified lactation failure as a predisposing factor for dehydration. Breastfeeding is the natural way for babies to be nourished. Breast milk supplies all nutritional needs and is easily available for the malnourished and critically ill neonates. Inadequate breast milk supply can lead to neonatal hypernatremic dehydration in the first days of life. Therefore, the aim of this study is to assess the association between lactation failure and neonatal hypernatremic dehydration.

**Methods** The study was conducted on 200 neonates admitted in the neonatal ward of Tabriz University Hospital in Tabriz, Iran. Data were collected by the research team using a questionnaire. Data were analyzed using SPSS software version 25.

**Results** The study included 200 neonates admitted to the neonatal ward of Tabriz University Hospital in Tabriz, Iran. The mean age of the neonates was 7.5 days (SD=3.7). The majority of the neonates were male (56%) and weighed 2.5 kg (SD=0.5). The most common reason for admission was low birth weight (73%). Neonates with hypernatremic dehydration had a higher risk of lactation failure (OR=2.5, 95% CI (1.1 to 5.8); p=0.03).

**Conclusion** Lactation failure is a significant risk factor for neonatal hypernatremic dehydration. Breastfeeding is the natural way for babies to be nourished. Breast milk supplies all nutritional needs and is easily available for the malnourished and critically ill neonates. Inadequate breast milk supply can lead to neonatal hypernatremic dehydration in the first days of life. Therefore, the aim of this study is to assess the association between lactation failure and neonatal hypernatremic dehydration.