Background Maintaining nutritional status is a key component of care in people with cystic fibrosis. Low socioeconomic status has been linked with poor outcomes in CF. We explored, for the first time in a UK-wide cohort, longitudinal weight gain and its relationship with socioeconomic status (SES).

Methods We undertook a retrospective longitudinal cohort study of 4346 people with cystic fibrosis aged <20 years (21,132 observations) in UK CF registry between 1995 and 2006. Census based indices of multiple deprivation (IMD) from the UK constituent counties were used as small area measures of SES. Piecewise mixed model regression was used to estimate the effect of SES on weight-for-age z-score (WFA).

Results WFA was significantly lower in the most deprived quintile at all time points. The estimated WFA at birth (intercept) was -0.64 in the least deprived quintile compared to -1.31 in the most deprived (mean difference 0.67% CI 0.42 to 0.92). The population WFA increased up to age three by 0.2 per year, and then declined subsequently by -0.053 per year. There was a significantly steeper improvement in WFA in the most deprived quintile in the first 3 years (mean difference per year 0.13% CI 0.06 to 0.20), with no difference in the rate of decline subsequently.

Conclusions Social deprivation is associated with lower WFA in the UK cystic fibrosis population, but there is a period of increased weight gain in the first 3 years, highlighting the importance of early diagnosis and treatment.

Introduction Workplace wellness programs are proven to be an important strategy to prevent cardiovascular diseases and stroke. Therefore, a workplace wellness program was conducted among a work cohort in Kuala Lumpur with the aim of improving risk factors for cardiovascular disease and stroke.

Methods This was an open cohort where all employees aged 20 years and above in the workplace were invited to participate in the workplace wellness program in Kuala Lumpur with the aim of improving risk factors. Ethics clearance and screening with results dissemination, lifestyle counseling or referral were performed.

Results The study included 50,138 subjects. Mean age (SD) was 36.82 (14.50) years with 21,663 (43%) males and 28,474 (57%) females. Numbers and crude prevalence rates were for obesity 17,556 (35%), overweight 15,823 (32%), central obesity 27,480 (55%), diabetes 8,528 (18%), pre-diabetes 13,127 (27%), dyslipidaemia 21,655 (44%) and hypertension 11,377 (23.1%). Smoking rates were 5,570 (26%) in males and 221 (0.8%) in females. Age-standardised rates for diabetes and pre-diabetes were 11,792 (25%) and 14,158 (30%), obesity and overweight were 19,711 (41%) and 16,298 (34%). Family history of premature cardiovascular disease was independently associated with a past history of cardiovascular disease with an OR of 5.54 (95% CI 3.79 to 7.52).

Conclusion This population-wide cardiovascular screening programme in the Middle East has demonstrated a very high cardiovascular burden for this small and young population. The data form a baseline against which progress is monitored for the population-wide Abu Dhabi Cardiovascular Disease Programme.

Introduction This study aimed to examine the association between overweight, obesity and self-perception of body weight in adults.

Methods A cross-sectional population-based study was carried out in the city of Pelotas, southern Brazil, with a sample of individuals aged 20–59 years. Weight and height of the participants were measured by previously trained evaluators. Overweight and obesity were defined as body mass index ≥25 kg/m² and ≥30 kg/m², respectively. Self-perceived body weight status was directly and indirectly assessed. The participants were first asked whether they perceive themselves as too thin, thin, normal, fat or too fat and then the difference between reported ideal and actual body weight measured after the interview was calculated.

SP1-53 THE EFFECT OF SOCIAL DEPRIVATION ON WEIGHT IN THE UK CYSTIC FIBROSIS POPULATION

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SP1-54 RESULTS OF A 3-YEAR WORKPLACE WELLNESS PROGRAM AMONG A WORK COHORT IN KUALA LUMPUR, MALAYSIA

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SP1-55 WEOYA: A WHOLE POPULATION CARDIOVASCULAR SCREENING PROGRAMME IN ABU DHABI, UNITED ARAB EMIRATES

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SP1-56 ASSOCIATION BETWEEN OVERWEIGHT, OBESITY AND SELF-PERCEPTION OF BODY WEIGHT IN ADULTS

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