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PO3.028

Innovation in research co-creation with young people living with obesity: learnings from the ARROWS residential weekend

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Introduction: In England, 2.9% of 4–5-year-olds and 5.8% of 10–11-year-olds are living with obesity. Complications of Excess Weight (CEW) clinics have been commissioned, aiming to deliver holistic multi-disciplinary support to children and young people (aged 2-17) living with obesity and its associated complications. As the CEW clinics are new, their impact is currently being evaluated through the ENHANCE study, which will help inform the evidence base, optimise care, and support future delivery and commissioning. The engagement and involvement of children, young people and their families in ENHANCE is critical. Therefore, this abstract describes the learnings from the innovative approach taken in ENHANCE, to ensure the voices of those with lived experience informs every step of the evaluation process.

Methods: A Patient and Public Involvement group was established as an integral part of the ENHANCE study. This group have called themselves ARROWS, consisting of 10 families who have accessed Complications of Excess Weight clinics in either Sheffield (n=4), Leeds (n=3) or Bristol (n=3). To help build trust, group cohesion and learn from the families' lived experiences and how this can inform the development of the evaluation, a residential weekend was proposed. The ARROWS were involved in planning the residential, which the research team organised. The LUNDY model was used to gauge the ARROWS perceptions of their involvement in ENHANCE.

Results: The residential received positive feedback. ARROWS enjoyed the activities and learning new skills. Research-based activities were included and interspaced with team building and bonding activities. Some activities were provided by the venue, including archery, a night walk and fire building. ARROWS further reported gaining personal benefits from attending, including feeling less alone and being able to relate with each other. They also suggested how to improve future residential e.g., by debriefing after emotional sessions, and ensuring these are run after having some time connect as a group. On average, the ARROWS ranked their satisfaction as eight-out-of-ten i.e., they were very satisfied with the weekend. In terms of their role in ENHANCE, ARROWS rated their role as a six-out-of-eight on the Roger Harts Ladder of young people's participation, meaning they feel ENHANCE is adult led, but with shared decision making with young people.

Conclusions: The residential weekend was a successful way to enable a diverse group of young people to connect, build trust and share learnings. The process enabled the incorporation of the voices of potentially vulnerable people, who may otherwise be isolated and not inform research to such a high caliber. The bonding achieved, both within the group and with the researchers that attended the weekend, may further support the ENHANCE study over its duration, especially as it allowed the researchers to gain a deeper insight into the ARROWS experiences and needs. Therefore, this study provides valuable insights and learnings to improve the meaningful integration of lived experience into future research and evaluation studies.

PO3.029

The Efficacy of a Comprehensive Weight Reduction Intervention in Male Adolescents with Different FTO Genotypes

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Background: The FTO gene polymorphisms may influence the effects of lifestyle interventions on obesity. The present study aimed to assess the influence of the rs9930506 FTO gene polymorphism on the success of a comprehensive weight loss intervention in male adolescents with overweight and obesity.

Methods: This study was carried out on 96 adolescent boys with overweight and obesity who were randomly assigned to the intervention (n = 53) and control (n = 43) groups. The blood samples of the participants were collected and the FTO gene was genotyped for the rs9930506 polymorphism. A comprehensive lifestyle intervention including changes in diet and physical activity was performed for eight weeks in the intervention group.

Results: Following the lifestyle intervention, the BMI and fat mass decreased significantly in the intervention group compared to the control group (Both P<0.05), while no change was found in weight, height, or body muscle percentage between the groups. The participants in the intervention group with the AA/AG genotype and not in carriers of the GG genotype had a significant higher reduction of BMI (-1.21 vs. 1.87 kg/m², F = 4.07, P<0.05) compared to the control group.

Conclusion: The intervention in individuals with the AA/AG genotype has been significantly effective in weight loss compared to the control group. The intervention had no association effect on anthropometric indices in adolescents with the GG genotype of the FTO rs9930506 polymorphism.

PO3.030

The role of parents' emotional eating and body mass index on parents' feeding practices, happiness, and life satisfaction: analysis in a group of parents of children with mild intellectual disability

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Introduction: Albert Bandura's Social Learning Theory clearly indicates that children learn through observation and imitation of their parents. Such modeling can also be observed in relation to unhealthy eating behaviors, which may be a risk factor for the development of obesity. Moreover, studies show that parents' body mass index (BMI) is strongly associated with their child's BMI, and family-based treatment is the current "gold standard" for treating obesity among children. Importantly, however, there is a lack of analyses regarding families with children with intellectual disabilities. Therefore, the aim of this study is to analyze whether parents' emotional eating and body mass index may play a role in parents' feeding practices (restriction and pressure to eat) towards children with mild intellectual disabilities, as well as in parents' happiness and life satisfaction.