

**Results:** Results indicate that mean levels of eating concerns, drive for thinness, bulimic symptoms and body dissatisfaction decreased over the 6-year period. Dietary restraint, weight and shape concerns were stable over time. Also, half of the youngsters who reported objective binge eating at baseline, still reported binge eating episodes at follow-up.

**Conclusions:** It can be concluded that 6 years after following structured weight-loss treatment, some eating

pathology variables still remain stable. Especially youngsters who already report loss of control over their eating at young ages appear to develop a more stable pattern of disordered eating behaviour.

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## 60 – Evaluation of the practices in Therapeutic Patient Education for paediatric obesity: EDUDORA project

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**Introduction:** Prevention and treatment of obesity in adolescents represent a real public health challenge. Recommendations in Therapeutic Patient Education (TPE) for obesity tend to appear in some countries. EDUDORA2 is a program dedicated to the management of TPE in obese and diabetic people. The present study reports an inventory of the practices in obesity in TPE in Province of Liege (Belgium), in the Grand-Duche of Luxembourg (Luxembourg) and Lorraine (France).

**Method and population studied:** The study was based on semi-structured individual interviews established according to French recommendations in TPE. In the main health institutions of the three regions, paediatric endocrinologists, nurses, dietitians and psychologists were interviewed.

**Results:** The first results of the qualitative analysis reveal a common way of obese adolescents' management

through the professionals involved. The circulation of information about the adolescents among staffs remains quite informal and education is the responsibility of nurses. To cope with adherence problems of the patient, the nursing staff show a lack of diversity in strategies of management adaptations. Very few structured programs are available. Results will be shown to compare the practices between the three regions.

**Conclusions:** Regarding to the increasing rate of obese adolescents, there is much need for structuring management and considering adolescents as main actors of their health. TPE appears as a real opportunity but it rarely seems implemented in the practices of medical teams. That is why the following of EDUDORA2 will investigate different working tracks to propose solutions for implementing TPE in the management of paediatric obesity.

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## 61 – What happens with cardiometabolic comorbidity of obese children and adolescents during 5- and 8-year follow-up?

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