



VPTN

Victorian Platform Technologies Network

Adolescents weight increases Diabetes risk

Young Australians are putting on weight at an alarming rate increasing their risk of developing type 2 diabetes.

Researchers at the Be Active Sleep Eat (BASE) Facility in the Department of Dietetics and Nutrition at Monash University are looking at the causes and ways of combatting the problem.

The team at BASE led by Professor Helen Truby from the Faculty of Medicine, Nursing and Health Sciences recently collaborated with Jenny Craig Australia to test their new program of eating and exercise habits for adolescents, called JenMe.

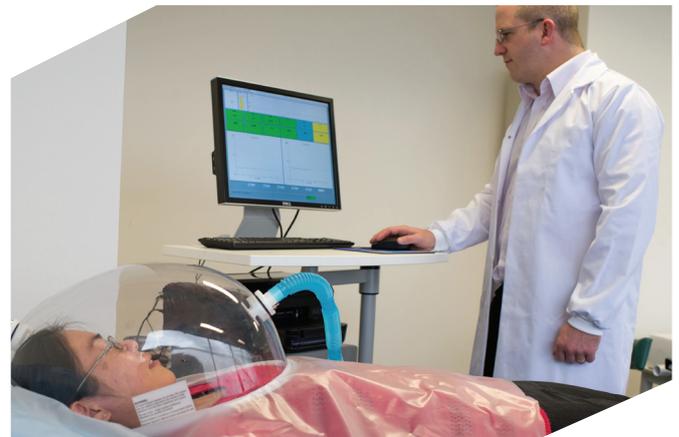
At its Clayton facility, BASE researchers clinically tested the results of JenMe, on more than 140 young people between the ages of 13 and 18, to test the effectiveness of the new adolescent weight loss program.

Research and industry

Jenny Craig's Nutrition and Program Development manager, Jennifer Arguelles, said "Because weight loss involves behavioural changes, we have tailored educational resources to adolescents—for example how to cope on the JenMe program when you're at school. We have built in defined parental involvement, as we know this is an important component to ensure adolescents are well supported and setting realistic goals whilst on the program. Also the cost of following the program was modified and the program length was altered to 12 weeks for the younger market.

"The new JenMe strategy was launched in Jenny Craig centres in August 2013—to address the increasing weight gain in adolescents in Australia and New Zealand.

"Jenny Craig's weight loss program is based on sound scientific research, with an expert Medical Advisory Board consisting of renowned health practitioners in the areas of nutrition, psychology, exercise physiology and lifestyle change.



The BASE (Be Active Sleep & Eat) facility provides a conducive environment for young people to take part in the research for JenMe. The academics there have sound research experience and are used to managing young people and their families through a scientific trial".

Scientific evaluation

Professor Helen Truby said "Our role at BASE is to independently evaluate the effectiveness of the JenMe Program with funding provided by Jenny Craig Australia".

"BASE facilities include a commercial kitchen which has the capabilities to test food products for impact on appetite and satiety, energy compensation, to measure the glycaemic index and to assess which foods keep you fuller for longer and their and their impact on body performance.

We work with the community, corporate health programs, people in the food industry and sports and exercise physiologists and sports dieticians, to advance the science of nutrition, sleep and activity, maximising healthy outcomes for all Australians."



Linking research with technology and expertise

The VPTN is supported by:



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Research Equipment

The BASE facility houses:

- a sleep laboratory to assess how sleep disturbances and sleep apnoea affect performance at work and body metabolism
- a commercial kitchen for product launches, food research, nutritional and dietary analysis
- an exercise and fitness studio set up to measure anthropometry, oxygen consumption ergometry, energy expenditure, blood and metabolite analysis and dietary profile and analysis
- consulting suites for hire
- the latest G.E. iDXA bone scanner which analyses bone mineral content, it can also look at the composition of the body in terms of fat (subcutaneous and visceral), lean tissue and water. It can also measure small changes in bone mineral content
- an Indirect calorimeter, which measures a person's expired air to estimate basal metabolic and rate of release of energy, as well as their body's use of fat, protein and carbohydrate.



For more information

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