confirmed PHF6 mutations, have been reported since its first description in 1962. The phenotype is better characterized in males with moderate to severe developmental delay, microcephaly and hypogonadism. The phenotype of affected females ranges from normal through to developmental delay with obesity and hypothyroidism. Our aim is to report three cases of BFLS, describe the associated endocrine dysfunction and further delineate the female phenotype.

Method: Endocrine and genetic results were reviewed of three patients (2 female and 1 male) with a clinical diagnosis of BFLS.

Results: Confirmation of the diagnosis was established in one patient and is pending in the other two. All three have developmental delay. Patient 1 is an obese female (BMI 41 kg/m^2) with genetically proven BFLS and pubertal delay, autoimmune hypothyroidism and hypercholesterolaemia. Patient 2 is an obese female (BMI 39kg/m^2) with autoimmune hypothyroidism, hyperandrogenism and hypercholesterolaemia. Patient 3 is an obese male (BMI 30 kg/m^2) with typical dysmorphic features and pubertal delay.

Conclusion: BFLS is an important condition to consider when reviewing patients with obesity and developmental delay. We suspect it is more prevalent than reported in the literature and may be missed particularly in females where the phenotype is poorly characterized. Endocrine abnormalities were seen in all of our patients. Because of the X-linked pattern of inheritance, diagnosis and genetic counselling are important.

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ADVERSE EFFECTS OF EXCESSIVE TELEVISION VIEWING IN CHILDREN

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Aim:

1.To study the relationship between TV viewing and dietary and physical activity habits and

2.To correlate daily TV time with BMI and blood pressure.

Methods: 540 children (53% boys) aged 2-14 years (mean age 8.4 years) were included in this prospective study. Demographic data, anthropometric indexes, alimentary and physical activity patterns were recorded and blood pressure was measured. TV time was determined as hours per day dedicated to watching television.

Results: 46% of the sample spent >2h/day watching television, noticeably boys more than girls (51.4% vs. 40%, p=0.009). Daily TV time increased with age, with preschool-aged children reaching a mean time of 2.4h/day, elementary school-aged children 2.8h/day and adolescents 3.3h/day, respectively (p< 0.001). The existence of a TV set in the child's bedroom increased the likelihood of excessive viewing by 2.63 times (p< 0.001). Furthermore, children who spent more hours per day watching TV consumed larger quantities of high-calorie snacks (p< 0.001), soft beverages (p< 0.001), ready-made juices (p< 0.001) and fast food meals (p=0.003). Prolonged daily TV time was strongly correlated with increased BMI (p< 0.001) and more importantly with the presence of both prehypertension and hypertension (p=0.006). In contrast, low intensity exercise, such as walking short distances everyday, was associated with decreased TV watching (p< 0.001).

Conclusion: Extended TV viewing predisposes children to adopting unhealthy lifestyles. Implementing the AAP's guidelines which state that all children >2 years of age should limit screen time to < 2h/day might reduce its negative impacts on their health.

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ESTIMATION OF BODY COMPOSITION IN CHILDREN AGED 4-7: BODY MASS INDEX, SKINFOLDS AND WAIST-TO-HEIGHT RATIO COMPARED TO THREE COMPONENT MODEL

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Background & aims: Field methods to estimate body composition in young children have limited reliability. The aim of our study was to examine the inter-relationship of three body composition