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regimes noroeste e oeste. Na análise por sexo, os meninos apresentavam maiores taxas de obesidade. Esses resultados podem ajudar a planejar políticas públicas para a prevenção da obesidade e baixo peso em escolares.

EARLY PREVENTION OF WEIGHT EXCESS IN PRESCHOOL CHILDREN ATTENDING DAY CARE CENTERS: AN INTERVENTION STUDY, SAO PAULO STATE, BRAZIL

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Introduction: Overweight in childhood has become a public health problem, affecting progressively younger children, including in developing countries. Objective: To evaluate the results of an intervention in preschool children at day care centers aiming to reduce the risk of early development of overweight and obesity. Methods: The study is part of an intervention with children 2–3 years old at public daycare centers of a city of Sao Paulo State, Brazil. A cluster sampling (pre-school units), representative, with 311 children, was divided into preschool intervention group (IG) and control (CG). The intervention lasted throughout the school year and consisted of only a quantitative change of meals, also avoiding repetition of servings, associated with a daily program of regular physical activity, for 30 minutes. To measure the impact of the program the children nutritional status was evaluated by anthropometry in March 2009 and 2010. Weight, height and Body Mass Index (BMI) were transformed into Z-score according to World Health Organization/2000 reference. Results: The initial prevalence of weight excess in IG and CG was respectively 25.6% and 32.0% (p = 0.05 NS). The prevalence within groups and between groups at the beginning and the end were not statistically significant. The IG showed a significant inverse correlation (Pearson) between initial BMIz and its difference with the final BMIz (r = -0.37, p = 0.0001). The BMIz score average difference of IG obese children between the beginning and end of the study was negative (-0.3) and positive (+0.4) in the CG obese (p = 0.054). Conclusion: Nutritional intervention with a minimal quantitative correction of meals and a regular physical activity program showed a significant decrease in BMI of obese children suggesting that a simple intervention, even for a short period of time, may modify childhood obesity trend.

OBESITY AND ADOLESCENT LIFESTYLES: A 6-YEAR LONGITUDINAL STUDY IN PORTUGUESE BOYS AND GIRLS


There has been increasing research on the relationships between adolescent lifestyle and obesity in Portuguese youth. However, most studies have been cross-sectional. We aimed to investigate food habits, physical activity, sedentary behaviour and psychosocial characteristics in adolescents with different adiposity measurement trajectories. Anthropometric measurements were obtained in 288 children, firstly at age 9 and later at age 15. Lifestyle and psychosocial characteristics were assessed at age 15 by questionnaires. Percentage of body fat (%BF) derived from skinfolds was calculated. Obesity was defined by the cut-offs of 25%BF in boys and 30%BF in girls. Based on adiposity status at each assessment, four adiposity trajectories were identified: “never obese”, “remained obese”, “return to normal”, and “became obese”. Logistic regression modelling was used to examine associations between adolescent lifestyles characteristics and changes in obesity status. Gender differences were much less evident among adolescents who remained obese than those who were never obese. The most consistent associations in the multivariate models were found for caloric/difficulty of finding new friends and for time spent with physical activity. Adolescents who reported finding it difficult to make new friends were more likely to become obese than those reporting it easy (OR=5.67; p=0.03), taking the group “never obese” as reference. Those who spent more time being physically active were less likely to become obese (OR=0.90; p=0.02) and were more likely to reverse obesity (OR=6.73; p=0.02) compared to the group “remained obese”. These results suggest that obese status attenuates adolescent lifestyle gender-related differences and reinforce the relevance of physical activity for both the prevention and treatment of obesity. Integrated strategies focusing on physical activity may be the key to effectively fight against obesity and also to foster adolescents’ psychosocial well-being.

PREDISPONING FACTORS FOR CHANGE IN CHOLESTEROL IN OBESE CHILDREN


Our study’s objective is the evaluation of the predisposing factors for change in cholesterol in obese children verifying the relationship between the dosages of total cholesterol and the variables: LDL, triglycerides, family antecedents, and practices of physical exercises. The data were collected during 81 obese children’s clinical evaluation among 4 to 10 years. A questionnaire was answered through interview with the responsible for the child, including each child’s personal data, family antecedents, report of feasts and practice of physical activities. There were also collected data relative to the cholesterol (total and fractional) and triglycerides levels. The results of the medical record. Of the 81 patients, 55.6% were female. It was found significance 1 the relationship between total cholesterol and triglycerides, 57.1% (p=0.0001), and between total cholesterol and family antecedents of cardiovascular disease (p=0.0000001). It was also observed a larger prevalence of high cholesterol in children that don’t practice physical activities off the school (p=0.03). It was found significance in the relationship among altered cholesterol and LDL in the studied sample, 67.3% (p=0.001). Due to the significant relationship found in the present study between the total cholesterol and the following factors: high triglycerides and LDL, sedentary habits and family report for cardiovascular disease, it’s necessary the implementation of public policies that seek to combat the obesity from childhood.

OBESITY AND OVERWEIGHT IN A LOW-INCOME SCHOOL POPULATION OF SAO PAULO, BRAZIL


Objective: to examine in a sample of students from a region of low socioeconomic status, the obesity and overweight using Method: cross-sectional study of 1761 schoolchildren between 6 and 10 years from three schools in Parquealto. Were assessed by z scores of weight for height, according to World Health Organization. The variables studied were: gender, age, glade and school year. We used the chi-square to refute the obesity and overweight with the variables. Results: Of 1761 children studied 7.6% were obese and overweight according to a score P/E. The analysis of a score P/E revealed that 60.6% were male and 40.6% female. The mean age was 9.9