

97 - TOBY STRATEGY (YOUR OBESITY LOWER IT NOW)

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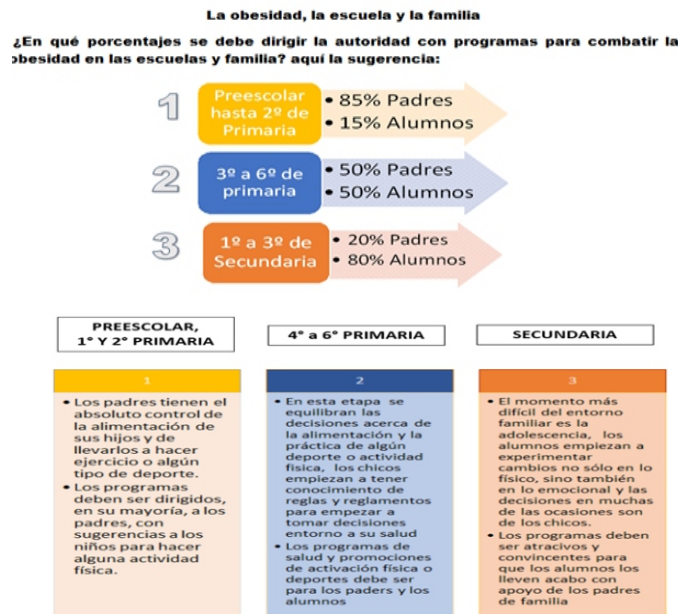
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Introduction:

According to recent research, sedentary is as guilty in children as it is of childhood overweight and obesity, as poor nutrition.

Child health is not a children's game, the difference between physical activity and sport to "hanging out" is very clear. Physical activities and sports not only amuse them, it allows children to get to know each other, it promotes coexistence, human relationships, as well as good humor. Exercise helps the body release substances that make them feel better and happier, wards off depression, isolation, fills them with energy, promotes memory and concentration, teaches them to overcome themselves.

Awareness should be made with parents and pupils in basic schools of the importance of having and maintaining a healthy lifestyle, through prevention, healthy eating and supplementing with family exercise or practicing sport, all this to prevent and combat obesity at home.



The strategy is present in any human activity. We refer to the strategy as a plan to address any problems of daily life. And a serious public health problem in our state is childhood obesity, we take the top spot nationally and globally.

The TOBY strategy visits the basic government education schools of the state's municipalities, as well as private schools.

The visit consists of 4 stations and at the end a tasting of which have the following activities:

- Matrogyma.
- Measurement.
- Talks. (Good eating Maya plate, UADY)
- Preparation of healthy foods.
- Tasting.

Matrogymnastics. - The word Matrogimnasia comes from the Greek root matros which means mother and gymnastics that means exercise.

Matrogimnasia is then understood to exercise carried out by the mother and child or the form of physical activity in which the active participation of either the mother or father or both is integrated, through various forms of exercise such as gmnasia, dancing, play, body expression, rounds, etc. aimed at the development and learning of basic motor patterns and the consolidation of others.

Measurement. - A common evaluation measure to determine when is "excessive" is the Body Mass Index or BMI. The BMI is calculated using a mathematical operation using the weight and height measurements. The resulting figure serves as a general indicator for whether the person's weight falls within a healthy range. The weight is divided by Kg by the height (in meters) squared. The results will be compared to the world health organization's ranking. So this measure will be taken to students and parents, also incorporating them to waist, glucose and pressure measurement, giving them their results.

Talks. - Parentguidance will be given on daily consumption of healthy foods, the number of meals per day, which provide the different types of food, fruits and vegetables of the time, etc. While students will have an activity with the UADY Maya good-eat dish.

Preparation of healthy foods. - Parents should bring different types of food, fruits, vegetables, etc. from the dish of good eating MAYA, to prepare in the classroom together with their children and with the teachers of gpo. Juices, salads, cocktails, meals, desserts, all healthy.

Tasting. - At the end of the activities a table will be set up with the products made by the different groups, to conclude with the tasting of said foods of the dish of good eating MAYA.

GRUPOS	HORARIO	MATERIALES
<ul style="list-style-type: none"> • Todos los grupos • Se divide en 4 grupos de colores. • Cada uno tendrá un horario para pasar a las 4 estaciones. 	<ul style="list-style-type: none"> • Se manejan 2 horarios para escoger el que mejor se adapte al jardín. • La duración de la actividad es de 2 Hrs. aproximadamente 	<ul style="list-style-type: none"> • 4 Areas o espacios • 1- Platicas (salón cerrado con cañon no indispensable y un salon para que los niños pinten y dibujen) • 2- A. Fisica (Plaza cívica o cancha) • 3- COMIDA SALUDBLE (salón o/y cocina) • 4- Medición (2 o 3 mesas, sillas, puede ser en los pasillos o un salón) • 5- DEGUSTACION Al final de las actividades se ponen los alimentos en mesas para pasar y degustar

The colors used were choose by those used in the Maya good eating plate
Each school may vary according to your knowledge



**ESTRATEGIA TOBY
Y
EL PLATO DEL BIEN COMER MAYA**

HORARIO

	MEDICION	ACTIVIDAD FISICA	PLATICA	COMIDA SALUDABLE
8:00 a 8:30	2-B	3-B	3-U	3-U
8:30 a 9:00	2-A	2-B	3-U	3-U
9:00 a 9:30	3-U	2-A	2-B	3-U
9:30 a 10:00	1-U	3-U	2-A	2-B
10:00 a 10:30	DEGUSTACION			

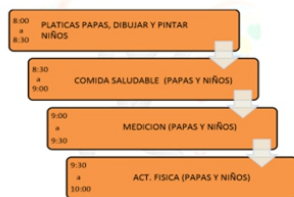
HORARIO 2° A



HORARIO 1° A



HORARIO 3° A



HORARIO 2° B



Discussion:

When we saw overweight boys or girls and teenagers, we said, "There's how cute, how fat, he looks very healthy, very blushing." But time has passed, we now know that being overweight in children can also produce the same health problems as adults: kidney problems, heart disease, diabetes, high blood pressure, high cholesterol and psychological problems. Liver damage is also common in overweight.

It is commonly talked about glandular problems, emotional tension that arouses anxiety from eating, boredom because children spend many hours alone or watching TV and the bad eating habits of the elderly living at home.

Children who do not engage in physical activity do not develop their maximum psychomotor potential and will grow up with disadvantages compared to children who do.

Basic activities such as catching, throwing, swinging, throwing, running with changes of direction, climbing, are forms of play that develop coordination, agility, orientation, knowledge of the body itself in motion. The developmental benefits they lose from unrealized hours of physical activity or moving play are difficult to recover when they are larger. To this must be added the health problems arising from sedentaryism, which become a vicious circle of overweight and obesity, high blood pressure, high cholesterol, hyperglycemia prone to early diabetes. Overweight children tend to be more sedentary.

Conclusions:

The incidence of obesity is increasing in the large population, and at a higher rate in minority populations.

Obesity increases the risk of developing other relieved chronic disease such as hypertension, diabetes, coronary heart disease, and various types of cancer. The national trend towards overweight includes children, where the incidence of

excess weight/obesity is now one in five. Studies to date indicate that body mass index (BMI) becomes relatively fixed in adolescence and that children who are obese are likely to remain obese in adulthood.

It is very difficult for obese adults to lose weight permanently. Because their genetics cannot be modified, prevention strategies should focus on basic lifestyle changes such as eating behaviors and activity patterns. Efforts to prevent obesity will take place to start with children.

Unlike adults, children are only partially responsible for their eating and exercise options. Parents and other caregivers have an influence on diet and exercise patterns, especially when children are young. Efforts to prevent obesity will need to change the attitudes of caregivers and behaviors in order to impact their children's diet and activities.

Parents and caregivers cannot initiate preventive changes unless they first perceive that their child is at risk for some adverse outcome. Therefore, it is important to understand the caregiver's perception of the child's body weight and the health risk. Family history of obesity-related morbidity could be another risk perception influence for the child. Parents should have habits and willingness to participate in diet and exercise, a modification that could influence their willingness to implement diabetes prevention strategies in their children. Families may also differ in their beliefs about their ability to prevent disease conditions. Individual and cultural differences in proper body size perception and form also contribute to parents' perception of overweight as a health problem or as a sign that the child is healthy and well fed. Little is known about parents' perceptions of the relationship between body weight and health in their children.

This work is carried out as part of a strategy to test the effectiveness of alternative weight maintenance for children ages 3 to 12 as a family.

The goal of this strategy is how parents should worry about perceiving their children's size and body weight and to assess the reporting contribution of parents' health habits, physical activity and family history of chronic disease to the person receiving health risk, and thus prevent children who are at higher risk of developing weight-related diseases, especially diabetes.

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TOBY STRATEGY (YOUR OBESITY LOWER IT NOW)

Abstract: The study carried out in 2015 by the Mexican Institute for Competitiveness (IMCO) indicates: 80% of the population is overweight 30% is Obesity.

Obesity generates high economic losses and reduces the country's competitiveness:

Higher costs to the public treasury to treat associated diseases

Lower labor productivity

Higher expenses for the population and loss of quality of life

National Health and Nutrition Survey ENSANUT 2000 - 2016 points to Yucatán as the first place at the national level in obesity and overweight.

The TOBY program develops strategies that promote knowledge and the detection of overweight or obesity problems, as well as alternatives for their treatment, involving family participation.

In the first instance, the fundamental idea was to combat obesity by promoting sports in children and instilling in them the follow-up of an adequate diet with the dish of good Mayan eating.

The TOBY program visits the elementary schools of the state of Yucatán.

Keywords: Obesity, school, family

TOBY STRATEGY (VOTRE OBESITE VERS LE BAS MAINTENANT)

L'étude réalisée en 2015 par l'Institut mexicain pour la compétitivité (IMCO) indique: 80% de la population est en surpoids, 30% est obèse. L'obésité génère des pertes économiques élevées et réduit la compétitivité du pays: Coûts plus élevés pour le trésor public pour traiter les maladies associées baisse de la productivité du travail Dépenses plus élevées pour la population et perte de qualité de vie L'Enquête nationale sur la santé et la nutrition ENSANUT 2000 - 2016 indique que le Yucatán occupe la première place au niveau national en matière d'obésité et de surpoids Le programme TOBY développe des stratégies qui favorisent la connaissance et la détection des problèmes de surpoids ou d'obésité, ainsi que des alternatives de traitement, impliquant la participation de la famille. En premier lieu, l'idée fondamentale était de lutter contre l'obésité en encourageant le sport chez les enfants et en leur inculquant le suivi d'une alimentation adéquate avec le plat de la bonne alimentation maya. Le programme TOBY en visite dans les écoles primaires de l'état du Yucatán

ESTRATEGIA TOBY (TU OBESIDAD BAJALAYA)

El estudio realizado en 2015 por el Instituto Mexicano para la Competitividad (IMCO) señala: 80% de la población padece sobrepeso 30% padece Obesidad.

La obesidad genera altas pérdidas económicas y reduce la competitividad del país:

Mayores costos al erario público para tratar enfermedades asociadas

Menor productividad laboral

Mayores gastos para la población y pérdida de calidad de vida

Encuesta Nacional de Salud y Nutrición ENSANUT 2000 – 2016 señala a Yucatán como el primer lugar al nivel nacional en obesidad y sobrepeso

El programa TOBY desarrolla estrategias que fomentan el conocimiento y la detección de los problemas de sobrepeso u obesidad, así como las alternativas para su tratamiento, involucrando la participación familiar.

En primera instancia, la idea fundamental era combatir la obesidad fomentando el deporte en los niños e inculcándoles el seguimiento de un régimen alimenticio adecuado con el plato del bien comer maya.

El programa TOBY realiza visitas a las escuelas de educación básica del estado de Yucatán

Palabras claves: Obesidad, escuela, familia

SUA OBESIDADE PARA BAIXO AGORA**Resumo:**

O estudo realizado em 2015 pelo Instituto Mexicano de Competitividade (IMCO) indica: 80% da população está acima do peso 30% é obesidade.

A obesidade gera altas perdas econômicas e reduz a competitividade do país:

Maiores custos para o tesouro público no tratamento de doenças associadas

Menor produtividade do trabalho

Maiores gastos para a população e perda de qualidade de vida

Pesquisa Nacional de Saúde e Nutrição ENSANUT 2000 - 2016 aponta Yucatán como o primeiro lugar no nível nacional em obesidade e sobrepeso

O programa TOBY desenvolve estratégias que promovem o conhecimento e a detecção de problemas de sobrepeso ou obesidade, além de alternativas para seu tratamento, envolvendo a participação da família.

Em um primeiro momento, a idéia fundamental era combater a obesidade, promovendo esportes em crianças e incutindo nelas o acompanhamento de uma dieta adequada com o prato da boa alimentação maia.

O programa TOBY visita as escolas primárias do estado de Yucatán

Palavras-chave: Obesidade, escola, família

ESTRATEGIA TOBY (TU OBESIDAD BAJALA YA)**Resumen:**

El estudio realizado en 2015 por el Instituto Mexicano para la Competitividad (IMCO) señala: 80% de la población padece sobrepeso 30% padece Obesidad.

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