110 - OVERLAP AND OBESITY IN CHILDREN OF PUBLIC CRECHE

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INTRODUCCIÓN

While obesity has become a disease, it has reached alarming proportions and is currently considered a worldwide epidemic with over one billion overweight adults, according to data from the World Health Organization. It is estimated that 150 million adults and 15 million Of children and adolescents will be obese in Europe, and the picture is no different in the rest of the world (WHO, 2005).

Alarming data are found in adults, but the initial concern today is with children as it raises the risk early for cardiovascular diseases, psychosocial problems, abnormal glucose metabolism, hepatic and gastrointestinal disorders, sleep apnea, orthopedic complications (WHO, 2004).) And disturbances in motor development (Pazin and Frainer, 2007). However, the greatest concern is that obesity is becoming more precocious, resulting in persistence in adulthood (Braet et al, 2004), aggravating all associated risk factors according to WHO (2005).

In Brazil, obesity can be perceived in different social and economic classes and in all age groups and genders, but at school we can initially perceive the diagnosis of overweight and obesity, especially in the anthropometric evaluation.

Anthropometric indicators have become a universally accepted way of monitoring body growth. (SAVO AND GIMENO, 2002)

The evaluation of the nutritional status in childhood, by means of the measurement of weight and height and, from them, the calculation of the Body Mass Index (BMI), is of great importance, given that anthropometric data make it possible to diagnose the condition Simple, economical and easy to interpret (SALOMONS AND LOCK, 2007).

Thus revealing the problem the objective of the present study is to investigate the overweight and obesity in children of public day care between 4 and 6 years of age in a public day care center in Vitória.

METHODS

Cross-sectional study, with a n of 79 children, regularly enrolled, of both sexes being 35 boys and 44 girls between 4 and 6 years of age.

The informed consent form was sent to the parents or guardians of the children.

The variables evaluated in this study were: (a) age, determined based on the difference between the date of birth and the date of data collection; (B) weight (kg) and (c) height (cm). The weight and height measures were done in triplicate, and the calculated mean value was used. The equipment used was: mechanical balance of the brand Welmy with capacity for 120 kg and precision of 100g and a stadiometer of the brand Sanny. The levels of overweight and obesity were defined based on the Body Mass Index (BMI), based on the cut-off points for gender and age proposed by Cole et al (2000).

The equation used was that of Quebec where BMI = weight / height2

Statistical analysis was performed using the SPSS software version 20.0. All data sets were tested for normality and data were expressed as means and standard deviation.

RESULTS

The sample consisted of 79 children of both sexes, 35 boys with 5.29 ± 0.83 years and 44 girls with 5.17 ± 0.96 years.

Table 1 shows the BMI of both sexes.

Table 1: Anthropometric data collected with mean and standard deviation.

SEX	AVERAGE	DESVIATION STANDARD
MALE	16,37 kg/m^2	1,92
FEMALE	16,67 kg/m^2	1,80

DISCUSSION

From the results of this study it can be observed that there was no prevalence of overweight or obese children other than the studies found in the prevalence of overweight and obesity rates in all age groups. (Ministry of Health, 2012, MARCHI-ALVES et al, 2011)

From 1989 to 2006, studies show that the prevalence of underweight children under 5 years of age fell from 7.1% to 1.7%. This reduction is due to the improvement in the schooling level, the increase of the purchasing power of the families, expansion of basic health care, as well as the growth of basic sanitation services (MONTEIRO et al, 2009 and LIMA et al, 2010). However, in the sample studied, children are at the normal level.

In day-care centers, educational planning can be a significant way of reducing the prevalence of health problems among children and in future in adolescents and adults. Therefore, it is of paramount importance the performance of the physical education teacher in the school environment, as well as developing an educational work with the relatives. (Coutinho et al, 2012, Marche et al., 2012).

CONLUSION

From the study, it was possible to observe, unlike the evident tendency in Brazil, characterized by the increase in the prevalence of overweight and obesity in detriment of the low weight rates.

It is worth mentioning that a limitation of the present study may have been due to the fact that the results obtained express the specific reality of an Educational Center. Thus, the need to develop more comprehensive research that allows a

greater comprehensiveness of the results is highlighted.

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ABSTRACT: Obesity has become a worldwide epidemic and worry in childhood is becoming more worrying, especially for the future that the child may have when it becomes adult and remaining obese. The objective of the present study is to investigate overweight and obesity in public day care children aged 4 to 6 years in a public day care center in Vitória. The sample consisted of 79 children of both sexes, 35 boys with 5.29 ± 0.83 years and 44 girls with 5.17 ± 0.96 years. The body mass index found in boys was 16.37 ± 1.92 kg / m2 and in girls it was 16.67 ± 1.80 kg / m2. From the study, it was possible to observe, unlike the evident tendency in Brazil, characterized by the increase in the prevalence of overweight and obesity in detriment of the low weight rates.

Key words: obesity, children, body mass

RESUME: L'obésité est devenue une épidémie mondiale et l'inquiétude dans l'enfance est chaque jour plus préoccupante, en particulier pour l'avenir que l'enfant peut avoir comme des adultes et restant obèses. Le but de cette étude est d'étudier le surpoids et l'obésité en public des soins de jour des enfants âgés de 4 à 6 ans dans une garderie publique à Victoria. L'échantillon se composait de 79 enfants des deux sexes et 35 garçons avec 5,29 ± 0,83 années et 44 filles avec 5,17 ± 0,96 années. La masse Indica Body trouvé chez les garçons était 16,37 ± 1,92 kg / m2 et les filles était de 16,67 ± 1,80kg / m2. De l'étude, il a été établi, contrairement à la tendance claire au Brésil, caractérisé par une augmentation de la prévalence du surpoids et de l'obésité au détriment des taux de faible poids de naissance.

Mots clés: l'obésité, les enfants, l'indice de masse corporelle

RESUMEN La obesidad se ha convertido en una epidemia en todo el mundo y la preocupación en la infancia es cada día más preocupante, sobre todo para el futuro que el niño puede tener como adultos y que queda obesos. El objetivo de este estudio es investigar el sobrepeso y la obesidad en la infancia público de los niños entre 4 y 6 años de edad en una guardería pública en Victoria. La muestra estuvo constituida por 79 niños de ambos sexos y 35 chicos con 5,29 ± 0,83 años y 44 niñas con 5,17 ± 0,96 años. La misa de cuerpo Indica que se encuentra en los niños fue de 16,37 ± 1,92 kg / m2 y niñas fue 16,67 ± 1,80kg / m2. A partir del estudio se estableció, a diferencia de la clara tendencia en Brasil, que se caracteriza por el aumento de la prevalencia del sobrepeso y la obesidad, a expensas de las tasas de bajo peso al nacer.

Palabras-clave: Obesidad, niños, IMC

RESUMO: A obesidade tornou-se uma epidemia mundial e a preocupação na infância é a cada dia mais preocupante, principalmente pelo futuro que a criança pode ter quando se tornar adulta e permanecendo obesa. O objetivo do presente estudo é investigar o sobrepeso e a obesidade em crianças de creche pública entre 4 e 6 anos de idade em um creche pública de Vitória. A amostra foi constituída por 79 crianças de ambos os sexos sendo 35 meninos com 5,29±0,83 anos e 44 meninas com 5,17±0,96 anos. O Índica de Massa Corporal encontrado nos meninos foi de 16,37±1,92 kg⁄m2 e nas meninas foi de 16,67±1,80kg⁄m2. A partir do estudo realizado foi possível constatar, diferentemente da tendência evidente no Brasil, caracterizada pelo aumento da prevalência de sobrepeso e obesidade em detrimento das taxas de baixo peso.

Palavras- chave: Obesidade, crianças, IMC