Prevalence of excess weight in adolescents at primary health care units in South Brazil.

Deisi Maria Vargas (MD, PHD)¹, Ana Carolina F. Medeiros⁴, Elis Klieman², Isabel C. S. Eberhardt², Vera Janete Piesanti², Simone K. Pasa², Cláudia Regina Lima Duarte da Silva (PhD)¹, Vima Margarete Simão (PhD)¹.  
1.University of Blumenau  2. Primary Health Care Units - Secretary of Health  
BLUMENAU-SC-BRAZIL.

BACKGROUND

In the past decades Brazil has experienced a nutritional transition process characterized by a significant reduction in malnutrition and progressive increase in overweight and obesity. Nutritional education and precocious interventions are useful strategies to combat excess weight in childhood and adolescence. According to the World Health Organization (WHO), there were more than 40 million children overweight in the world in 2011. In Brazil, the prevalence of excess weight in the population aged 10-19 years was 21.7% in boys and 19.4% in girls in 2008-2009.

OBJECTIVE

To estimate the prevalence of overweight and obesity in adolescents at primary care units (ESFs) in order to identify those eligible for weight control programs.

RESULTS

There were 1351 adolescents in the geographical area covered by the study. A total of 840 adolescents were evaluated. Excess weight was observed in 26.8% (n=225). Overweight in 14.8% (n=124) and obesity in 12.0% (n=101). Almost 100% of them were not involved in health care programs to weight control. There were no differences in the prevalence of excess weight between age groups 10-14 and 15-19 years (27.1% vs 26.3% respectively; chi-squared p>0.05) and gender (male 52.8%; female 47.2%; chi-squared p> 0.05). There was difference in excess weight between two ESFs (24.8% vs 35.9%; qui-squared 4.1, p=0.04) (Figure 1).

CONCLUSION

The prevalence of excess weight in adolescents in a South Brazil city was 26.8%. The majority of them were not involved in programs to weight control. Differences in geographical distribution of excess weight were observed.

REFERENCES:
IBGE (Instituto Brasileiro de Geografia e Estatística), Instituto de Estatistica do estado de são paulo, adolescentes e adultos no Brasil. 2010-2009. 

E-mail: deisivargas@furb.br  