

# Impact of a comprehensive program, on prevalence of childhood obesity in Andalusia, Spain.

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## Introduction

Childhood obesity means a Public Health problem, favoring chronic diseases in adulthood, a decrease in quality of life, and an increase in social and sanitary costs. In Spain, the National Health Service (ENSE 2017) stood the prevalence of overweight in toddler between 2 to 7 years old, in 18,26% and obesity in 10,30%, no differences between sex. In 2015 the prevalence of overweight and obesity in childhood are 21, 3 % and 6, 2 %, respectively. In Andalusia, PIOBIN: Integral Program Against Childhood Obesity including, promotion of breastfeeding, healthy diet, exercise and interventions in families, are dedicated to reduce the prevalence of this pandemic.

## Objetive

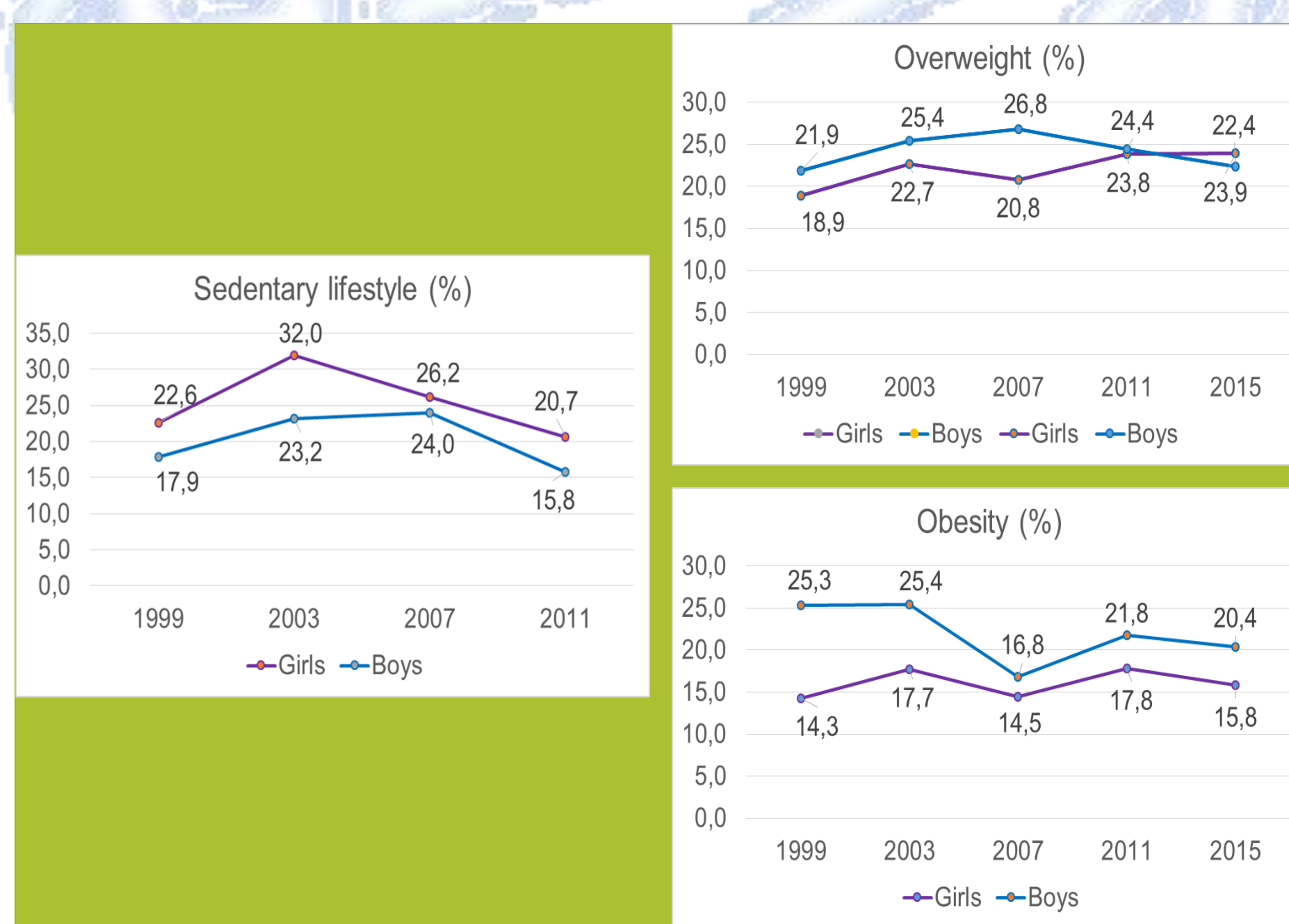
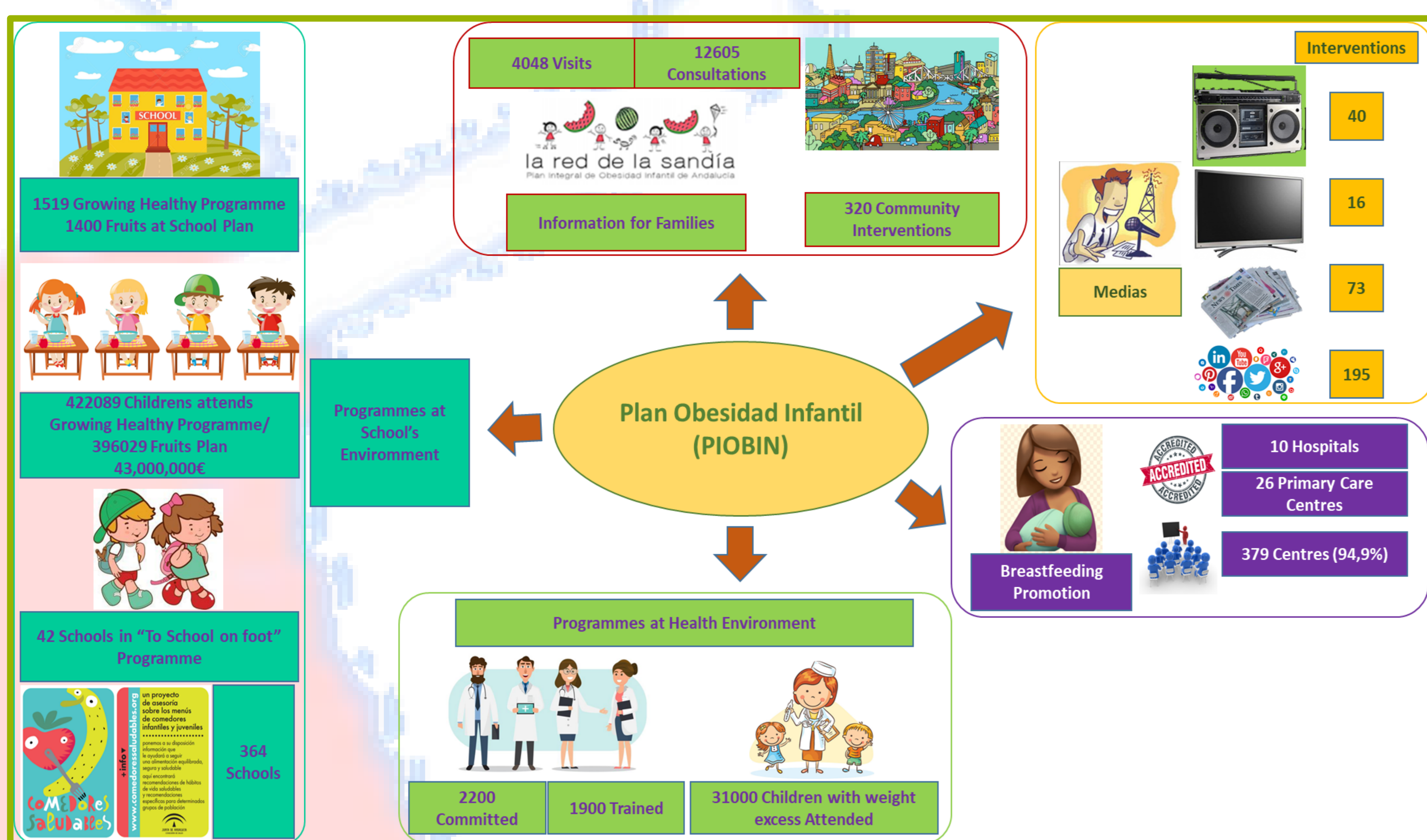
Analyzing the variation of prevalence of overweight in Andalusia, based on criteria of International Obesity Task Force (IOTF), finding the relationship with the preventive activities included in PIOBIN.

## Methods

Descriptive cross-sectional study, in the Andalusian population between 2014-2016.

## Results

From 2014 to 2016, the activities in promotion of healthy ways of life, have been increased (The Fruit Plan at schools, involved 271291 to 396029 students, and Community Activities, increased from 205 to 320, respectively). On the other hand, individual and group activities decreased in 18,5% and 16,0%. Overweight and obesity, decreased from 24, 6% to 21,3%, and from 8,9% to 6,2% (IOTF criteria)



## Conclusions

Multidisciplinary structured interventions may help to decrease the prevalence rate in overweight in Andalusia, this kind of problem needs to be faced up in childhood in order to prevent diseases related, as the best way of management of the obesity later on, and keeping the toddler healthier.