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Abstract

OBESITY AND ASSOCIATED HABITS AMONG SCHOOL CHILDREN FROM MANAUS

Obesity in adolescence is considered a public health problem in modern society in Brazil, affecting 16% of children. This study aims to correlate sedentary habits, eating habits and physical activity with body weight of school children. The type of study was the cross sectional sample consisting of 156 students from six schools in Manaus, with a mean age of 11 years, 46% female and 54% male, the instrument used was a questionnaire containing variables related to sedentary habits, eating habits and weekly physical activities, along with anthropometric measurements: body weight (portable digital scale accurate to 100 g) and height (portable stadiometer precision of 0.1 cm), obesity and overweight were defined from body mass index (BMI), data were analyzed using descriptive statistics: relative frequency, mean, standard deviation. The results show prevalence of excess body weight 32%, 23% overweight and 9% obese. It was observed that young people with normal weight had an average of hours sitting lower (4.39 ± 1.72) than overweight young people (5.68 ± 2.14) and obese (6.10 ± 1.76); in relation to dietary habits, we found that young overweight and obese children had a higher consumption of salted / fried foods than young people with normal weight, a low consumption of vegetables and fruit was identified in all subjects. Furthermore, we observed that most young people are overweight and there is high non-participation in physical activities (55.5%), while those who do practice some activity have the activity less than three days a week. The school represents a place with real possibilities for professionally conducted physical education interventions among children and adolescents to promote a healthy lifestyle.

Key words: adolescent, physical activity, obesity