

80 - CHILDHOOD OBESITY - BMI AND PARENTS' SPEECH

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INTRODUCTION

According to Bonetto et al (2009), the number of people with excess body weight has increased significantly over the years. Understanding the new theories of obesity is important, especially in developing countries like Brazil, where the proportion of people above the normal weight grows with each decade, but has not yet reached catastrophic proportions as in rich countries. In developed countries, obesity is considered a public health problem, and the World Health Organization is a global epidemic. What happens is a very big trend in the increase of overweight in both populations, which have motivated the recognition of the obesity issue as relevant to the collective and individual health worldwide.

According to Costa and Cintra (2006) there is great variability among the results of the prevalence of obesity in school compared different studies conducted in Brazil and worldwide. Recently we observed a relevance between Latin American countries and the Brazilian States, as in Feira de Santana, Recife, Salvador and Rio de Janeiro had an obesity prevalence of 25% on average, private schools and 9% in public schools. In the U.S. the prevalence of obesity was 15.3% in children ranging in age from 60 to 10 years.

We observe a large increase in the last thirty years between the North American population, where its expected proportion is 40% of obese in 2035, and it is believed that in Brazil, the statistics tend to follow the same, because the country has undergone significant and continuing changes in lifestyle of people (Bankoff and Moutinho, 2002). It incorporates the results achieved by Bonetto and Collaborators (2009) that which conducted a study with 180 schoolchildren in the age group 8-10 years of both sexes from a school of the municipal school in Campo Grande - MS, with prevalence Overweight and obesity in 32.5% of the female population, 27.45% of boys and 29.44% of the total sample.

According to Oliveira (2003), obesity is defined as excess body fat related to lean body mass and overweight as a relative ratio of greater than desirable weight for height. There is great biological variability in relation to excess energy intake submitted by its genetic heritage, which promotes an action for releases that environmental factors may act. In practice, the child's food, as well as physical activity, adults have habits that influence directly bringing the child's health complications that often persists into adulthood with psychosocial problems, hypertension, cardiovascular diseases, and various orthopedic cancers.

Data on overweight obesity in the Brazilian population indicated an increase in its prevalence among the 70 and 90. The two most frequently cited related to this table have been changes in food intake with increased energy supply by diet and reduced physical activity, setting a "contemporary western lifestyle" (Mendonça and Anjos, 2004).

At school age, it becomes important to work to raise awareness about the problems of combating obesity and physical inactivity, which can and should be worked in physical education classes. Bernardes and Pepper (2002) state that can help children prepare for adulthood, under previous guidance on vital issues of human biology, health, diseases and adaptations of conduct. And it is this sense that the school Physical Education and assume key roles in both the prevention and treatment of obesity.

The school should provide an environment that is part of the daily lives of adolescents, with no difficulties in having access to local structures needed for physical activity that comes to improve the adherence and outcome of physical activity. Physical education should help to increase levels of physical activity every day for these children and to address concepts related to health issues and obesity. Added to this, another feature of the school, which refers to the acquisition and reformulation of values, in this case related to physical activity, dietary habits and other variables that make the installation of obesity. (Celestrino and COSTA, 2006).

Thus, it is believed that eating habits and physical activity encouraged in schools are vitally important because it could contribute to the prevention of obesity in children and youth, reducing the high cost that obesity leads to a society with specialized medical care, and other indirect expenses which involve the population in question. Additionally, you may prevent complications of order physiological and psychosocial caused by obesity affecting quality of life of individuals, reducing the chances of these individuals become obese adults of tomorrow (Celestrino and COSTA, 2006).

According to WHO (1995), anthropometry is considered the most useful method to track obesity, because it is inexpensive, noninvasive, universally applicable, and with good acceptance by the population. Anthropometric indices are obtained from the combination of two or more basic anthropometric data (weight, sex, age, height).

Body composition can be applied to identify health risks associated with children's percentage body fat, to identify health risks of children associated with excess abdominal fat, monitor changes in body composition associated with certain diseases, evaluate the effect of interventions nutrition and exercise programs on changes in body composition, estimating ideal body weight and monitor growth, development and maturation (PITANGA, 2004).

According to Monteiro e Lopes (2005), as are the anthropometric measurements of body weight, height, scale, measurements of body circumferences, skinfold thickness and widths, and also estimated the density of body fat percentile, the body mass index and waist-hip index.

According to Guimarães, Barros (2001) The use of anthropometric indices has been considered a valid strategy to generate sensitive indicators of nutritional status, and even living conditions of the populations studied.

BMI is used for the quantitative diagnosis of obesity, and diagnose overweight and chronic energy deficiency and is expressed by the ratio between body mass and the square of height (PITANGA, 2004). He has a great importance on content related mortality, because the extent that it increases the number of risks also increase, such as cardiovascular, diabetes and kidney disease (Monteiro and Lopes, 2005).

Currently, the world presents a considerable percentage of obesity in children causing health problems that affect its

growth into adulthood. Thus it is vital we work here for a good development of our country, since the government can direct and install the best projects in health, in order to build the idea of a nutrition education and body awareness, having a good control of our finances avoiding unnecessary expenses with the problems caused by this evil in public health (Monteiro and Lopes, 2005).

Starting from the main evaluations of research quality in school obesity, we demonstrate the importance of prevention in schools acted directly to promote the transferability to other of the knowledge produced, which in turn facilitates its dissemination and evaluation by the scientific community. Finally, it is that the identification of patterns, dimensions and relationships, or even the construction of explanatory models, constitutes an essential step to building the theory and application to other contexts in the quest to educate the public about acquiring healthy habits (Monteiro and Lopes, 2005).

This study was designed to determine the prevalence of overweight and obesity in children age 7-9 years, students at a private school, located in Madurai district in the west of Rio de Janeiro. Obeying the WHO recommendation, the method of anthropometry, BMI (Body Mass Index) uses a reduced number of equipment and provide easy to obtain data suitable for epidemiologic research. And the reality found by identifying those parents discourse.

METODOLOGY

The study is a descriptive one. (MATTOS, JR ROSSETO and Blech, 2004).

The study design was characterized as being of type Section, where "cause" and "effect" is detected simultaneously, and only the data analysis to identify the interest groups, the "exposed" in order to investigate the association between exposure and disease (Thomas and Nelson, 2002). Was conducted with students of both sexes, aged 7-9 years in a private school in the North district of Rio de Janeiro, RJ. To classify them, will be featured exposed elementary school children with overweight and obesity (percentile greater than or equal to 85 and 95 for age and gender, respectively, according to WHO recommendation).

The population consisted of 50 called guardians of children 7-9 years of age, of both genders were overweight or obese, living in the area of Rio de Janeiro.

For measurement of height was used a metal tape measure Sanny, and measurement of body mass was used a portable mechanical scale.

This study meets the Standards for the Conduct of Human Research, Resolution 196/96 of the National Health Council, 10/10/1996.

Data were collected through a structured questionnaire with closed questions, consisted of fifteen questions that seek to analyze the overweight and obesity in children.

The data collected were treated by means of quantitative procedures of descriptive statistics, mean and standard deviation.

DATAANALYSIS

The group of informants consisted of 50 parents of children with a mean age of 7.74 ± 0.80 years. Had average body mass of 31.12 ± 8.26 kg and mean total height of 1.31 ± 0.09 meters Body Mass Index (BMI) group was $17.90 \pm 3, 40$ kg/m².

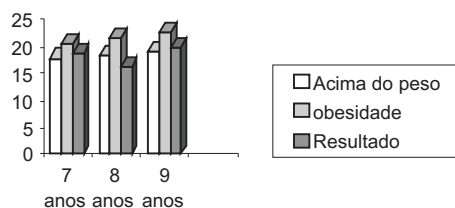


Figure 1 - Results of the girls.

According to the results of BMI of girls have seen that none of the tracks are found in obesity despite seven of the 21 girls meet in obesity. When analyzed by age, we see that the girls in the age of seven and nine years in general are overweight but not obese. We see this as a major factor in the obesity in these children is not taken preventive actions in your lifestyle. (Monteiro and Lopes, 2005). Monteiro and Lopes (2005) also says this condition may negatively affect the lives of these children into adulthood.

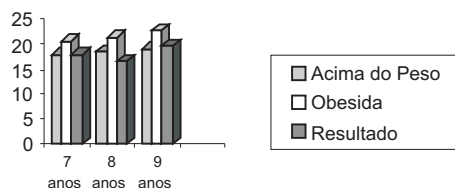


Figure 2 - Results for boys.

With the boys there was no distant results of the girls, the results were very similar, the ranges of seven and nine pounds and eight years of age with weight within normal range ABESO second source.

The respondents reported owning the majority (63%) more than one child. They mostly (86%) said that their children were not obese as infants (Figure 3). Still on the weight of children, 65% of those who reported that their children were obese, reported that they did not remain so (Figure 4). These data run counter to the results of Costa and Cintra (2006) show that students from private institutions (25%) are presented with a profile of obesity. The data obtained in this study approximate those reported by the same author on the prevalence of obesity in children aged 6 to 10 years of age in the U.S., reaching 15.3%.

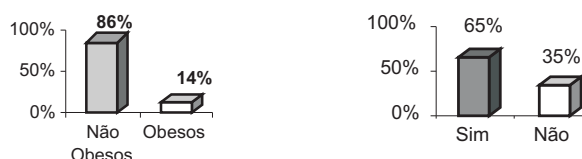


Figura 3 – Sobre a obesidade enquanto bebê

Figura 4 – Daqueles que foram obesos, se estes se mantiveram

In relation to your (s) child (ren) has a habit of playing with other children, 78% answered affirmatively, which is consistent with their perception of obesity on the profile of them. Adding to the previous question, the leaders said that their children will often prefer to play rather than watch TV as a pastime.

When asked about school meals, parents responded mostly (94%) than children take them home instead of enjoying those available in the institution. On the question of food preference of his son, the respondents enumerated in ascending order the first being the most important, where, when viewing the fashion these, milk and dairy received the most votes as the main food preferences in children. Those foods that got their fashion as the second preference of the children of respondents, were the bread and biscuits. Tied in third place were the meat and pasta, followed by fruits and vegetables, all in dead last on the priority of children. On the use of diets by children, 82% said they had not made use of these, where four of those who responded positively, reported being appointed to control and decrease of the reason for inclusion of diet in their day-to-day and 3 cholesterol or triglycerides be the reason for the diet of their children.

Almost half of parents (49%) reported that their children have a habit of making daily use of television, computer and video games for about 3-4 hours, which is replacing children's games and outdoor games, second Nahas (2006). What can influence the levels of obesity by physical inactivity.

Of the total respondents 65% said their children did not suffer from variation of appetite while staying with a change of mood. In the question concerning the practice of sport by close family members to children, parents responded that 54% of them have someone who practices the sport, being cited in greater numbers, his own father (31%), siblings (24%) and mother (20%).

Parents were asked whether their children had any hobbies, something he liked to do, and those who answered yes, 71%, what are these hobbies. Various responses were obtained, the most cited 11 times by football, swimming and 9 times with 8 citations, answers related to writing, drawing, coloring or reading. Although, activities were cited as, fighting, use of video games and computers, traveling, playing and dancing.

With 59% of positive responses, parents reported to exist somewhere near his residence that the child can use for recreation, such as parks, bike paths or blocks.

When asked about the proper involvement of his son in his cycle of friendship, only one father, the 50 respondents answered negatively.

CONCLUSIONS

The study found that the incidence of childhood obesity and even high schools, in neighborhoods of Rio de Janeiro, similar to what has been observed in Brazil and worldwide. Continuing the parents can bring the same problem of international public health. What can the medium and long term lead to complications in the lives of these small individual case, the lifestyle of their families do not change, largely depending on the health of their children not only during childhood but also as adults.

We can say that in its infancy and more complicated to change the eating habits and lifestyles of children, than in adulthood. Children are dependent on their parents for food and often with technological advances are driven by television advertising of sweets have an inadequate diet, as reported by most parents in the study. With the growth of urban children have little space for the leisure or free space to perform the practice of physical activity, which were programmed by professionals or by their own will do what the authorities to prevent their children from carrying out activities in the streets by have no choice, for fear of violence in the world because the consequences of urbanization.

The situation can be reversed if the problem is treated early on, through customs and changing life style of each child, knowing that sterna negative factors are critical for it to be an obese adult.

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CHILDHOOD OBESITY - BMI AND PARENTS' SPEECH ABSTRACT

In developed countries, obesity is considered a public health problem, and the World Health Organization considered as global epidemic. Excess body weight is not just a cosmetic problem but also is directly linked to health risk factors due to industrialization and the lifestyle of the population, which might characterize the situation as a global epidemic (WHO). In Brazil, obesity is growing too, and the rate of increase in the very young (child) are similar to that found in more developed countries. This study was designed to determine the prevalence of overweight and obesity in children age 7-9 years, students in private school, located in Madurai district in the north of Rio de Janeiro, and through parents information identify the factors that may have direct or indirect generated interference in this obesity. Besides the measurement of BMI was used instrument with theoretical questions that were answered by 50 parents of children that had a average age of 7.74 ± 0.80 years. Had a mean body mass index (BMI) of 17.90 ± 3.40 kg/m². Obesity were not found in girls, but the ones with 7 and 9 years were overweight. The same happens with the boys, except for the eight years old ones who were within the standard referenced by ABESO. In the study group for parents information denotes the existence of influence of their behavior in the presence or absence of obesity. Information from parents shows that the characteristic lifestyle of their children is directly related to them.

KEYWORDS: BMI. Childhood obesity. Parents address

OBÉSITÉ CHEZ LES ENFANTS - IMC ET DISCOURS DES PARENTS RÉSUMÉ

Dans les pays développés, l'obésité est considérée comme un problème de santé publique, et l'Organisation mondiale de la santé considérée comme épidémie mondiale. Un excès de poids n'est pas seulement un problème esthétique, mais est aussi directement liée aux facteurs de risque de santé due à l'industrialisation et le mode de vie de la population, ce qui pourrait caractériser la situation comme une épidémie mondiale (OMS). Au Brésil, l'obésité est de plus en plus aussi, et le taux d'augmentation chez les très jeunes (enfants) sont similaires à celle constatée dans les pays plus développés. Cette étude a été conçue pour déterminer la prévalence de surpoids et d'obésité chez les enfants de 7-9 ans, étudiants à l'école privée, située dans le district de Madurai, dans le nord de Rio de Janeiro, et grâce à l'information des parents d'identifier les facteurs qui peuvent avoir directement ou indirectement généré une ingérence dans cette obésité. Outre la mesure de l'IMC a été utilisé l'instrument avec des questions théoriques qui ont répondu par 50 parents d'enfants qui avaient un âge moyen de $7,74 \pm 0,80$ années. Avaient un indice de masse corporelle (IMC) de $17,90 \pm 3,40$ kg/m². L'obésité n'ont pas été trouvés chez les filles, mais celles avec les années 7 et 9 étaient en surpoids. La même chose arrive avec les garçons, sauf pour les huit ans ceux qui étaient dans la norme de référence par ABESO. Dans le groupe d'étude pour l'information des parents dénote l'existence de l'influence de leur comportement en présence ou en absence de l'obésité. Information des parents montre que le mode de vie caractéristique de leurs enfants est directement lié à eux.

MOTS-CLÉS: IMC. L'obésité infantile. Discours des parents.

OBESIDAD INFANTIL - IMC Y INFORME DE LOS PADRES RESUMEN

En los países desarrollados, la obesidad se considera un problema de salud pública, y la Organización Mundial de la Salud es una epidemia mundial. El exceso de peso corporal y no sólo un problema estético sino que también está directamente relacionada con factores de riesgo para la salud debido a la industrialización y el estilo de vida de la población, lo que podría caracterizar la situación como una epidemia mundial (OMS). En Brasil, la obesidad también está creciendo, y cómo los jóvenes y la tasa de crecimiento similar a los países más desarrollados. Este estudio fue diseñado para determinar la prevalencia de sobrepeso y obesidad en niños de 7-9 años, los estudiantes de escuela privada, ubicada en el distrito de Madurai, en el norte de Río de Janeiro, e identificar por la información de los padres factores que pueden tener injerencia directa o indirecta generada por esta obesidad. Además de la medición del índice de masa corporal se utilizó instrumento con preguntas teóricas que fueron respondidas por 50 cuidadores de niños con una edad media de 7.74 ± 0.80 años. Tenía un índice de masa corporal (IMC) de 17.90 ± 3.40 kg/m². Dado que las chicas no encuentra la obesidad, pero el 7 y 9 años con sobrepeso, y los niños la misma, a excepción de ocho años que se encontraban dentro de la norma referenciada por ABESO. En el grupo de estudios para obtener información de los padres se refieren a la existencia de la influencia de su comportamiento en la presencia o ausencia de obesidad. Su información que impregnan la característica forma de vida de sus hijos está directamente relacionado con el suyo.

PALABRAS CLAVE: IMC. La obesidad infantil. Informe de los padres

OBESIDADE INFANTIL - IMC E RELATOS DOS RESPONSÁVEIS RESUMO

Em países desenvolvidos, a obesidade é considerada um problema de saúde pública, e pela Organização Mundial de Saúde é uma epidemia global. O excesso de peso corporal não é só um problema estético, mas também esta diretamente ligado aos fatores de risco à saúde devido à industrialização e ao estilo de vida da população, que pode vir a caracterizar a situação como uma epidemia mundial (OMS). No Brasil, a obesidade também vem crescendo e, nas menores faixas etárias a velocidade de aumento é semelhante aos países mais desenvolvidos. O presente estudo foi delineado para determinar a prevalência de sobrepeso e obesidade em crianças com a faixa etária de 7 a 9 anos, estudantes de escola privada, localizada no bairro de Madureira na zona norte do Rio de Janeiro, e identificar através das informações dos pais os fatores que possam ter gerado interferência direta ou indireta para esta obesidade. Além da aferição do IMC foi utilizado instrumento teórico com perguntas que foram respondidas por 50 responsáveis de crianças com média de idade de $7,74 \pm 0,80$ anos. Possuíam o índice de massa corporal (IMC) médio de $17,90 \pm 3,40$ kg/m². Sendo que nas meninas não foi encontrada obesidade, mas as de 7 e 9 anos estavam acima do peso, e os meninos o mesmo, exceto os de oito anos que estavam dentro do padrão referenciado pela ABESO. No estudo para o grupo as informações dos pais relacionam a existência da influência de seus comportamentos na existência ou não da obesidade. Suas informações perpassam que o estilo de vida característico de seus filhos esta diretamente relacionado aos seus.

PALAVRAS-CHAVE: IMC. Obesidade infantil. Envolvimento dos responsáveis.