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Association between healthy habits and decrease of BMI z-score among children and adolescents with overweight and obesity (adiposity)

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Adiposity is a recommended term to be aware that overweight or obesity is a chronic disease. Experts recommend focusing on habits to treat this chronic disease in children, but are generally not reported. "Sabe" is a comprehensive intervention to promote healthy habits in children of 8- 18 years old with adiposity (≥ 1 body mass index -BMI- z-score) and their parents. "Sabe" showed efficacy to decrease adiposity in 78% of participants (data published) although we hypothesized success in the 23%, such as several international studies have reported. Now, in this cohort study, we expanded the sample size to 110 participants and recorded habits, 24-hour food recall, and anthropometric measurements at baseline and follow-up visits. We defined a clinically substantial decrease in BMI z-score of ≥ 0.5 at 12 months of follow-up or its equivalent depending on the months of follow-up. The 58.2% were female, median age of 12 (range: 9.1-14.7) years and a mean BMI z-score of 2.30 ± 0.83 . The 82% of the participants reduced their BMI z-score, but its clinically substantial decrease was achieved in 41.8%, this group and the remaining were compared. Eating more than 2 times per day, eating breakfast within 2 hours of waking up, eating out home less than once per week were present in the 78.7%, 54.5%, 47.3%, respectively, these frequencies increased significantly during the follow-up. Eating out home less than once time per week was associated with reduction of BMI z-score even after adjusting for energy intake, screen time, exercise time, sleep duration, and sitting time (HR 2.12, 95% CI 1.07-4.21). Several studies have reported that eating out home is an unhealthy habit because meals have more fat and sugars. Future interventions should consider food quality and the impact of healthy habits to achieve higher reductions of BMI z-score in the most of the children.

Biography

Ana Rodriguez-Ventura is Pediatrician and Endocrinologist. She was postdoctoral fellow between 2004 and 2006 at Joslin Diabetes Center in Boston, and completed her PhD in 2015 from National Autonomous University of Mexico (UNAM). She was coordinator of the Diabetes Clinic at the Mexico's Children Hospital and Chief of Research Department of Nutrition and Bioprogramming at the National Institute of Perinatology. She has over 20 publications that have been cited over 200 times and is Professor of the Medical School at UNAM. Her research about interventions to treat and prevent adiposity and diabetes in children has gotten four important prizes: CONACYT (2 times), FUNSALUD and FGRA.

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