Resumen N°22

ESTADO NUTRICIONAL, INGESTA DE MACRONUTRIENTES Y ACTIVIDAD FÍSICA EN ADOLESCENTES DE AMÉRICA LATINA

NUTRITIONAL STATUS, MACRONUTRIENTS INTAKE AND PHYSICAL ACTIVITY PATTERNS IN LATIN AMERICAN ADOLESCENTS

Fisberg M., Kovalskys I., Gómez G., Zimberg IZ., Previdelli AN., Ferrari G., Del’Arco, APWT

Por ELANS Group – CDA Instituto Pensi, São Paulo, Brazil.

Introduction: Understanding nutritional status, food intake and physical activity patterns is important to develop population-based strategies to prevent obesity in Latin America (LA). Nutritional data is specially limited in adolescents. “Estudio Latinoamericano de Nutrición y Salud” (ELANS), a multicentric study, was designed to provide representative data from 8 countries (Argentina, Brazil, Chile, Colombia, Costa Rica, Ecuador, Peru, Venezuela) on 9.218 individuals aged 15 to 65 years.

Objective: To assess nutritional status, food intake and physical activity profile of adolescents (15 to 19 years) from ELANS study.

Material and methods: Data from 1.223 adolescents were obtained in all the 8 countries. Food intake assessment included two 24-hour recall (Multiple Pass Method) and food frequency questionnaire (beverages). Self-reported physical activity tool, IPAQ-large version, detected time spent in walking, moderate and vigorous physical activity (MVPA). Between 28 to 40% of the sample, depending on the country, wore a triaxle accelerometer for 7 days (to monitor MVPA and sedentary behavior). Anthropometric measurements were obtained (BMI and Height for age and sex —WHO-2007).

Results: Excess weight was prevalent in 26.74% of adolescents, of which 8.78% are obese. Mean energy intake was 2120.89±598.44 kcal, ranging from 1791.37±491.80 in Chile to 2375.17±612.09 in Argentina. Higher energy intake was found for those active and obese adolescents (2303.97±722.40). Percentages of energy intake from carbohydrates, proteins and fat were approximately 55%, 15% and 30%, respectively, and the majority of the adolescents complied with macronutrient intake recommendations. According to accelerometer data, 62.54% of adolescents were insufficiently active (females: 78.57%, males: 50.79% and 90% of the girls with excess weight). IPAQ data showed that 57.96% of the adolescents were considered active.

Conclusion: The ELANS' adolescent data reveals high rates of sedentary behavior, not directly associated to intake but to BMI. Data in each country could be essential for establishing regional interventions.

Fisberg M., Kovalskys I., Gómez G., Zimberg IZ., Previdelli AN., Ferrari G., Del’Arco, APWT

Por ELANS Group – CDA Instituto Pensi, São Paulo, Brazil.