031

Body Mass Índex, Body Fat Percentage, and Thoracic Hyperkyphosis : Descriptive Analysis in Children and Adolescents

Cristianne Morgado Montenegro*, Tatiana Affornali Tozo, & Beatriz Oliveira Pereira
Universidade do Minho, Portugal

Introduction. The thoracic hyperkyphosis can cause damage to the spine and possibly evolve chronically.
Objective. To analyse the association between thoracic kyphosis, Body Mass Índex (BMI) and Body Fat percentage (BF %) in children and adolescents.
Methods. The study include 149 children and youth, 84 females and 65 males, aged 10 to 18 years of Manaus-AM. It were performed Slaughter's equacion, Body Mass Índex (BMI) and photogrammetry method DIPA version 3.1. (Digital Image-based Postural Assessment). The Data analysed used SPSS 24.0. Chi-Square and Mann Whitney test (α= 0, 5) were used.
Results. It observed that the mean age of the students was 13 (±19). The BMI presented a mean of 19, 47 (±3, 8) and BF% was 22, 4(±8, 74), both in healthy zone. Of the 149 students analyzed, 32% presented hyperkyphosis. The Students aged 11 years had the highest occurrence of hyperciphosis (44%). 22% of subjects with thoracic hyperkyphosis in healthy zone of BMI and 25% in healthy zone BF %. Conclusions. Healthy students had a hight incidence of thoracic hyperkyphosis. The sample did not suggest a relationship between BMI and BF % in the occurrence of thoracic hyperkyphosis in male and female population.

Palavras-chave: Thoracic hiperkyphosis; Body mass index; Body fat percentage; Children; Youth.

Autor para contacto: *cristianne.morgado@gmail.com

059

'Planning Health in School' Programme: Rational Analysis of Costs and Benefits

Margarida Vieira*, & Graça S. Carvalho

CIEC, Universidae do Minho

Few school-based intervention programmes for preventing childhood obesity with a controlled design have included an economic evaluation. This study analyses the costs and benefits of the 'Planning Health in School' programme (PHS-pro) for promoting healthy eating in Portuguese grade-6 children.
Height, weight, waist circumference (WC), BMI, and behaviour changes in 219 intervention children (IC) were compared with 230 control children (CC). A standard economic evaluation determined the cost-benefits of the PHS-pro. The intervention costs were estimated and compared to the direct costs of treating obese adults in Portugal (Ribeiro V. 2010).
After PHS-pro, the IC increased in height significantly ($p<0.001$), the WC had reduced significantly ($p=0.015$) compared with CC. Furthermore, the IC consumed significantly fewer soft drinks ($p=0.043$), ate more fruit and vegetables daily compared with CC. PHS-pro intervention cost was estimated as €36.14/child. This is much lower than the direct costs for treating an obese adult in Portugal, which was calculated as €3849.15/year. A costing projection for implementing the PHS-pro over a full school year to a larger young population was estimated as €18.18/child.
The PHS-pro can be a beneficial investment to prevent overweight in childhood and adolescence, which are developmental stages that determine adulthood chronic diseases.

Palavras-chave: Cost-benefit; Economic evaluation; Costing projection; School-based intervention; Childhood obesity.

Autor para contacto: *margvieira@yahoo.com

5º CONGRESSO INTERNACIONAL EM SAÚDE

Atividade Física e Saúde

Programa e Resumos



Universidade do Minho, Braga, Portugal
10 – 13 Julho 2018

Graça S. Carvalho
Beatriz Pereira
Rafaela Rosário
Teresa Vilaça
Zélia Anastácio
(Eds.)

Universidade do Minho
Instituto de Educação
Centro de Investigação em Estudos da Criança

UNIJUÍ UNIVERSIDADE REGIONAL

Copyright © 2018 pelo Centro de Investigação em Estudos da Criança (CIEC)
Instituto de Educação, Universidade do Minho
Todos os direitos reservados
Impresso em Portugal
www.ciec-uminho.org
cisaude@ie.uminho.pt

ISBN 978-972-8952-50-1 (eBook)

Este Congresso teve o financiamento do CIEC (Centro de Investigação em Estudos da Criança), pelo Projeto Estratégico UID/CED/00317/2013, através dos Fundos Nacionais da FCT (Fundação para a Ciência e a Tecnologia), cofinanciado pelo Fundo Europeu de Desenvolvimento Regional (FEDER) através do COMPETE 2020 – Programa Operacional Competitividade e Internacionalização (POCI) com a referência POCI-01-0145-FEDER-007562.

