

ESTADO NUTRICIONAL DE CRIANÇAS E ADOLESCENTES ATENDIDAS NO PROJETO DE EXTENSAO DO CENTRO CULTURAL ESPORTIVO DA VILA CRUZEIRO, RIO DE JANEIRO - BRASIL

NUTRITIONAL STATUS OF CHILDREN AND ADOLESCENTS ANSWERED IN THE EXTENSION PROJECT AT VILA CRUZEIRO SPORTS CULTURAL CENTER, RIO DE JANEIRO - BRASIL

Patrícia Matos; Adriana Bacelo; Fabiane Toste Cardoso; Eliane Paiva; Suzana Ortiz; Gisele Souza.

INTRODUÇÃO. Malnutrition results from inadequate food intake in energy and nutrients, or even with some frequency, inadequate biological utilization of food eaten. Children are hardest hit by malnutrition because they are vulnerable. The North and Northeast, the incidence of underweight and stunting is at least 2 times greater than in the south / southeast. But in recent years, which has been observed is the nutritional transition process: the problem of scarcity has been quickly replaced by the problem of excess food, which occurs in all economic strata with the highest proportional increase in low-income families. With this, the prevalence of underweight has decreased, while that of overweight and obesity is increasing. The importance of the nutritional transition process lies in the fact that overweight and obesity are risk factors for various health problems, among which the most frequent are cardiovascular diseases and diabetes mellitus type 2. The increasing prevalence of obesity is characterized as a global pandemic, thus becoming a serious problem to the public health. Food plays a major role throughout the life cycle of individuals. So it is extremely important for the early identification of inadequate feeding practices so that adequate diets are adopted, favoring prevention of diseases, especially chronic ones. This study aimed to evaluate the nutritional status of children and adolescents treated in outpatient nutrition Cultural Centre Sporting Vila Cruzeiro. We conducted a cross-sectional, descriptive, quantitative, with children and adolescents treated in outpatient sports nutrition from the cultural center of the Vila Cruzeiro, from August 2006 to May 2007. The nutritional status of children was evaluated by Z score for their height / age (H / A) and weight / height ratio (P / E). Z score > +2 - Overweight, Z score < - 2 - Low weight and Z score > - 2 and < +2 - Normal weight. The nutritional status of adolescents was assessed by percentins mass index (BMI) obtained by expressing $BMI = \text{weight (kg)} / \text{height (m)}^2$. BMI < 5th percentile (underweight), BMI \geq 5th percentile and < percentil 85 (eutrófico), $IMC \geq$ percentil 85 (sobrepeso). We evaluated 29 children and 53% (n = 19) students and 47% (n = 17) adolescents. Of the 17 preschool and schoolchildren, the majority were female (70.6%), observing a homogeneous distribution among age groups. Regarding nutritional status, according to the index P / E, observed that 40% of male children had low weight, 40% and 20% normal weight and overweight among women, 25% were underweight, 66, eutrophic 7% and 8.3% overweight. Regarding the nutritional status of adolescent boys 71.4% had normal weight and 28.6%

underweight. Among female adolescents, 60% were underweight and 40% eutrophic. We conclude that, even living a nutritional transition process, ie, decline in malnutrition and increasing obesity, our findings show that we can still find a considerable number of malnourished children and adolescents, primarily in economically disadvantaged. It is therefore of great importance to the adoption of appropriate intervention measures that reduce the influence of environmental factors and improve nutritional status and health of the population.