

## **LIFE HABITS OF A POPULATION OF PATAGONIAN'S CHILDREN AND ADOLESCENTS**

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Introduction: overweight and obesity affect people's quality of life. Objective: to describe the impact of life habits on cardiometabolic variables in a population of children and adolescents of Comodoro Rivadavia. Methods and Materials: 317 children (6 to 11 years old) and 403 adolescents (12 to 16 years old) were studied. Anthropometry, blood pressure, glycaemia, total cholesterol, HDL, LDL and triglycerides were measured (spectrophotometry). The population was classified as eutrophic or overweight-obese by body mass index (BMI) (IOTF) and waist circumference percentile (PcW) (WHO). Activity data (IPAQ International Physical Activity Questionnaire) were collected by classifying the study population into inactive (I), regularly active (RA) and irregularly active (IA). Results: in infants 53.2 % were overweight or obese (IOTF criteria) and 54.6 % (PcW  $\geq$  90); in adolescents, 39 % were overweight or obese by BMI projected and 21 % when PcW was considered. Children and adolescent had, respectively: 20 % and 16 % of hypertriglyceridemia, 14 % and 13 % of hypertension and 5 % and 13 % of HDL decrease. 68 % of children completed 2 hours of physical activity per week while in adolescents, 2 % were I, 42 % RA and 56 % IA. More than a half of the group remains between 4 to 6 hours in front of some kind of screen. 17 % didn't eat breakfast, 70 % consumed sugary drinks mainly cola, with limited consumption of fruits and vegetables. Conclusions: the scenery described shows the need for urgent health intervention to avoid future consequences.