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INTRODUCTION/OBJECTIVE

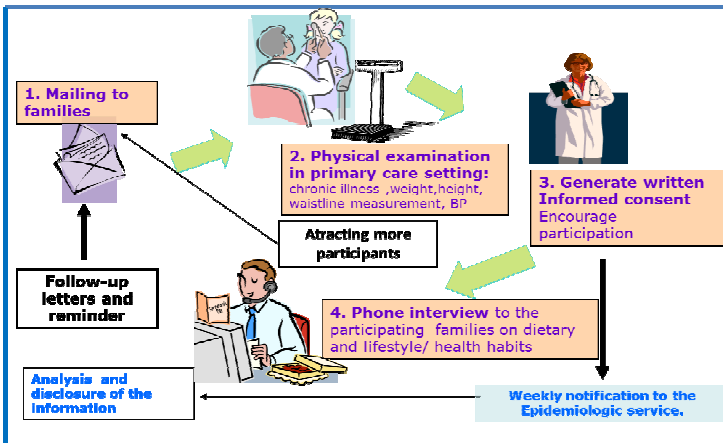
Infantile obesity (IO) and overweight prevalence are increasing in the developed world. Spain has one of the highest rates in Europe. IO is a preventable disease associated to lifestyle habits. There are no population studies in the Community of Madrid (CM).

The ELOIN study aims to measure the frequency and distribution of overweight and obesity in children and its association with risk factors, including dietary intake and physical activity, and with health effects.

METHODS

Prospective, longitudinal population study on a representative sample of four years population from the CM, which is staffed by 31 pediatricians of the sentinel physician network. Target population is 4.200 children. Follow-up measurements will be performed every two years until age 14. Data collection has two sequential steps: a) anthropometry and BP measurement and b) phone interview on dietary, breastfeeding, lifestyle and health habits. Biological samples will be taken at 9 and 14 years.

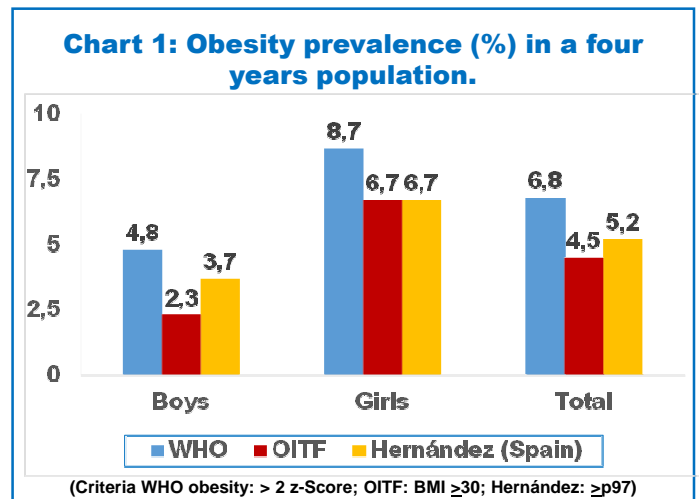
STUDY DEVELOPMENT



Children explored	Boys (n:887)	Girls (n:903)	Total (n:1790)
Age in months \pm DS	48,67 \pm 1,22	48,63 \pm 1,07	48,65 \pm 1,15
Weight in kg \pm DS	17,16 \pm 2,30	16,99 \pm 2,80	17,07 \pm 2,57
Height in cm \pm DS	103,89 \pm 4,26	102,73 \pm 4,28	103,31 \pm 4,31
BMI (kg/m ²) \pm DS	15,86 \pm 1,52	16,03 \pm 1,94	15,95 \pm 1,75

INITIAL RESULTS

During the first year of the study (2012), 1790 children, aged four, have been explored (73%). Among these, 92% of households answered the phone interview. Reasons for not participating: language difficulties (35%), lack of interest (30%). Obesity prevalence is shown in chart 1 according to the different cut off of obesity classification. Obesity is more prevalent in girls than in boys.



DISCUSSION

This is the first longitudinal study on infantile obesity conducted in Spain. It is showing its feasibility with a high percentage of participation with long interview (45 minutes). It is an efficient project based on public network resources that will provide relevant information to guide and evaluate regional strategies against childhood obesity and its determinants.

Acknowledgements

Thank you to the sentinel pediatricians in Madrid

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