

OBESITY IN ADOLESCENTS. A HEALTH PROBLEM IN BARCELONA'S SUBURBS

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Obesity has reached epidemic proportions in the United States, and has increased tremendously in Europe over the past ten years. It has become the most frequent nutritional problem in the developed countries. We define obesity as a weight for height above the 90th percentile or 2 SD on the growth charts. METHODS. We revised 284 reports of adolescents between 13 and 14.99 years of age attended at our outpatients dispensary over the past 12 months. We analysed the following data: age, sex, weight, height, Body Mass Index, Blood Pressure, family history of obesity, past history, diet, toxics, physical activity and family structure. We made a statistical analysis with Excel Microsoft. RESULTS; The prevalence of obesity was 26.05%, hypertension was 2.6%. There was a significative relationship between obesity and the following factors: parents obesity, toxics, unhealthy diet, family problems and lack of activity. There was also an association between hypertension and obesity. CONCLUSIONS: Our prevalence is very high (similar to that of adults). It is really an increasing pathology in Europe and since the ethiology is exogen in 95% and 80% of the obese adolescents become obese adults, we believe that education on healthy living and obesity prevention should be given in health primary care.