LEVELS OF OBESITY, FASTING GLYCEMIA AND PHYSICAL CONDITION IN CHILEAN STUDENTS

Floody, P. D.; Navarrete, F. C.; Guzman, I. P. G.; Mayorga, D. J.; Ramirez-Campillo, R.; Jara, C. C.; Lagos, G. R.; Inostroza, H. D.

Abstract

Background: Chile has drastically altered eating patterns and physical activity. The main nutritional problem faced by Chilean society is overweight, which arises progressively from an early age.

The aim of this study is to determine the nutritional status and compare fitness levels and fasting glucose in students.

Patients and methods: a descriptive cross-sectional comparative study was conducted, making a comparison by gender and nutritional status, with 100 students (56 men and 44 women) aged 12-15 years old. Body composition, fasting glucose and fitness were evaluated.

Results: women had a higher prevalence of overweight and obesity than men (22.73% and 19.65%). In the comparison of gender differences statistics were reported in one repetition maximum (1RM) (p = 0.001), abdominal strength (p = 0.004) and velocity (p = 0.001), there were no significant differences in body mass index (BMI) (p = 0.24) and fasting glucose (p = 0.99). In the comparison of nutritional status, the students classified as obese had a higher waist perimeter (p = 0.001), more time to walk 400 m (p = 0.008). There were no significant differences in other variables.

Conclusions: women have a higher prevalence of overweight and obesity than men. Obese students have a waist circumference more elevated, more time to walk 400 meters (p = <0.05) and they have increased levels of basal glucose.

Keywords Obesity, School children, Physical condition, Glycemia, Body-mass index, Cardiovascular risk-factors, Waist circumference, Childhood obesity, Children, Adolescents, Fitness, Overweight, Fat, Prevention, Nutrition & Dietetics