

**Poster Topical Area:** Nutritional Epidemiology

**Location:** Hall D

**Poster Board Number:** 760

## **P20-031 - Overweight and obesity in children and adolescents recent tendencies, 2012-2016 Health and Nutrition National Surveys comparison.**

 Monday, Jun 11  8:00 AM – 3:00 PM

**Objective:** To estimate recent overweight and obesity prevalences in Mexican population under 20 years old from Health and Nutrition National Survey ENSANUT-MC-2016 and compare results to ENSANUT-2012.

**Methods:** ENSANUT-MC-2016 is a probabilistic National Survey which gives representative information from national, regional and rural/urban levels. BMIz was estimated through weight and height, then it was classified into overweight risk or overweight or obesity according to WHO growth reference standards. Association between overweight and socio-demographic information was analyzed through logistic regression models.

**Results:** Overweight-obesity prevalence was 5.1% in girls 0-5 y, and 6.5% in boys 0-5y, 32.8% in girls 5-11y, 33.7% in boys 5-11y and 39.2% in adolescents females and 33.5% in adolescents males. Adolescents females from rural localities increased overweight-obesity prevalence from 27.7% in 2012 to 37.2% in 2016.

**Conclusions:** Overweight-obesity increased in girls and females, mainly from rural areas. Strategies focus to contain this phenomenon are encourage to implement in this context.

**Funding Source:** Ministry of Health

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