

THE NETWORK: TOWARDS UNITY
FOR HEALTH & FACULTAD DE MEDICINA,
UNAM, PRESENT



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



TUFH2020 MEXICO

VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

SEPTEMBER 23-25, 2020

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TUFH 2020 Abstracts

Title	The pandemic of obesity and the primary health care approach through the family consultation.
Type	Oral Presentation <i>Intersectoral Collaborations and the Social Determinants of Health</i>
Presenting Author	Oliva Mejía-Rodriguez
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Country	México
Abstract N°	TUFH529
Content	<p>Overweight and obesity is a public health problem all over the world. Obesity is a major risk factor for chronic noncommunicable diseases. Adolescence is a crucial age and the last chance to make lifestyle changes. A comprehensive life style intervention was done to improve lifestyle in families with teenage sons. The objective of the study was to evaluate the impact of a comprehensive intervention, targeting families with teenage sons with overweight and obesity, in the lifestyle, cardiovascular risk factors and metabolic syndrome in a primary care setting. The objective of this study was to evaluate the impact of a comprehensive intervention, targeting families with teenage sons with overweight and obesity, in the lifestyle, cardiovascular risk factors and metabolic syndrome in a primary care setting. Methods: A test – retest intervention study was conducted. Twelve families with teenage sons between 10 and 14 years were enrolled. The comprehensive strategy was applied for 6 months (educational sessions for self-care, physical activity and nutritional counselling). The impact in lifestyle was measured with the FANTASTIC lifestyle survey. Changes in anthropometric and biochemical variables were assessed. Results: The lifestyle was improved after the intervention. Body mass index, waist circumference and diastolic blood pressure and fasting glucose decreased significantly. Metabolic syndrome improved. ($p < 0.05$). Conclusions: Our comprehensive intervention for the families in a primary care setting, improved their lifestyle, decreased cardiovascular risk factors and decreased the metabolic syndrome.</p>