Method: cross-sectional study of 1761 school children between 6 and 10 years from three schools in Parelheiros. Were assessed by z scores of weight for height, according to World Health Organization. The variables studied were: gender, age, grade and school year. We used the chi-square to relate the obesity and overweight with the variables.

Results: Of 1761 children studied 7,6% were obese and overweight according to z score P/E. The analysis of z score P/E revealed that 60,0% were male and 40,0% female. The mean age was 8.9 years. The risk of overweight was higher among boys: 41,2% for the index P/E. There was no statistically significant difference between the schools, gender and school year and school period. Among obesity and overweight, the school year and school period ($P < 0.0001$) were observed statistical significance.

Conclusion: Overweight and obesity are a growing problem in the low income population by its food, customs and lack of information. From the analysis in the region, one can consider that the nutritional assessment of school - the anthropometric technique in particular - is an extremely important tool for understanding the dynamics of child nutrition and development.

1435

LIPID, ALIMENTARY AND PHYSICAL ACTIVITY PROFILE OF OBESE CHILDREN TREATED AT A UNIVERSITY HOSPITAL

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Introduction: Obesity prevalence is intensely growing during infancy. Approximately 50% of the six months old obese babies and 80% of the 5 years old children should remain obese. At this age range alimentary and physical activity habits are formed, thus the concern with prevention, diagnosis and treatment of youngsters.

Method: 81 obese children aged 5 to 10 years old were evaluated at the Complexo Hospitalar Wladimir Arruda, considering socioeconomic, alimentary and physical activity data. The lipid profile was also assessed, the cutting point being the criteria of the First Directive for Prevention of Atherosclerosis in Children and Teens with total cholesterol < 150 mg/dl, LDL < 100 mg/dl, HDL ≥ 45 mg/dl and triglycerides < 100 mg/dl.

Results: 55.6% were girls. Age averaged 8,5 years old. Sole children were 50.6% and 75% were normal weight at birth. From those using feeding bottle, 65.5% used sugar and 77.6% completed the meal with flour. The per capita sugar and oil monthly consumption averaged 1.6 kg and 0.8 L. 66.7% used to eat sweets on the street, 60.5% used to have lunch/dinner watching TV and 87.7% used to spend more than 4 hours at TV. 63% did not show any physical activity. Altered cholesterol was noted in 60.5% of children, HDL in 42%, LDL in 40.7% e TG in 38.3%.

Conclusion: Alimentary and physical activity habits were found inadequate for most of the children evaluated, which may be directly related to the lipid profile.

1436

MONITORING OF MATERNAL BREAST-FEEDING IN THE PERIPHERAL AREA AROUND THE CITY OF SÃO PAULO

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Objective. To assess the impact of the maternal breast-feeding incentive program introduced following a diagnostic survey carried out in 1996 in the peripheral area around the city of São Paulo (Brazil).

Methods: In 1996, a maternal breast-feeding incentive program was introduced as an Annual Event held to honor mothers who had breast-fed their children or who were still successfully breast-feeding. During this event, educational speeches enhanced the successful experiences as well fostered breast-feeding mothers to share their well succeeded experiences with their community. Following program implementation, surveys were regularly performed about the breast-feeding situation in the area to monitor the impact of actions taken till 2008. The survey used a semi-structured questionnaire applied to mothers with less than 7-months old babies who come to the public health system units to vaccinate their children