

**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.

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### 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  $\geq 45$  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.

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### 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

on the Vaccination National Day. This event is annually held to maintain poliomyelitis eradication throughout the Brazilian territory. The mothers filled out the questionnaire after having signed the free and informed consent form. This was a cross-type study.

**Results:** In 2008 there were 1,629 participant mothers: 81.15% were breast-feeding, out of which 49.62% did it exclusively. In 1998, two years after the program start-up, 66.74% were breast-feeding; in 2001, 70.95% and in 2004, 77.30%. In 2001, 24.70% were exclusively breast-feeding, and in 2008 this figure increased to 49.62%.

**Conclusion:** The specialized guidance and the recognition of well succeeded experiences represented efficient strategies to multiply the breast-feeding practice in the community.

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# **THE CHILD IN THE FAMILY AND IN INSTITUTIONAL CARE IN THE CZECH REPUBLIC AS VIEWED BY A SOCIAL PAEDIATRICIAN**

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The goal of the paper is to acquaint the expert public with the family as well as institutional child-care system in the Czech Republic and to describe the current trends in the families as well as in the institutional care.

As a source for analysis data from the central demographic registries, information provided by the Institute of Health Information and Statistics, the Czech Statistical Office and our Research Institute research data.

**Results:** In the families: there is a decrease in the number of children (population demographical "economy"), there is an increase in the number of young childless couples (due to infertility as well as couples who do not wish to have children), the time of having a child is generally postponed, there is an increasing occurrence of young people living together without a formal marriage which leads to a higher ratio of children born outside of marriage...

Although there is a decrease in numbers of unwanted children, higher ratio of planned parenthood.

In institutional care: there are a number of myths which we set to disprove based on concrete numbers which are quite interesting and show that the real status of the numbers of children in institutional care in our country is not nearly as alarming.

High quality of substitute family care.

**Conclusions:** Child-care in the Czech Republic is on a very high level based not only on the parameters of newborn and infant mortality.

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# **THE SELF- POISONINGS OF CHILDREN TREATED IN PEDIATRIC DEPARTMENT IN LUBLIN FROM 2005 TO 2009 - SOCIAL AND CLINICAL ANALYSIS**

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Poisonings are still a major problem of paediatric population, especially intentional poisoning which occurs among youth. Intentional poisonings involve teenagers with social, medical, home and school problems, and they are connected with specific - bad emotional condition such as transient depression.

We present 111 children, aged 10-17. There were 100 girls and 11 boys, after having taken medicines at homes, 98 patients for the first time, 12 patients - the second time, and 1 patient the third time. In our material 51 children took several kinds of drugs, 60 children only one substance. Among all teenagers 82 children come from cities and 29 from villages. The most frequent cause of intentional poisoning was alcoholism in family, or/and another family dysfunction or school problems.

**Conclusions:** Observable frequency growth of intentional poisonings of children. There is a predominance of females and the most frequent cause of self-poisoning are school and home related problems. In our study, self-poisonings were caused by drug intake.