

Abstract 045

Category: Research on nursing diagnosis

Title: Identification and intervention of the causes of obesity and overweight in fifth grade students.

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Introduction:

Obesity (00232) is a public health problem that affects a significant percentage of the population and provides an increase in the morbidity and mortality of individuals who suffer from it. Dietary and educational prevention at the early stages could prevent possible complications. The nursing diagnosis identified, and nutritional education provided by the nurses are important to identify the principal interventions in the family and in the children, to reduce the obesity and prevent future complications.

Methods:

An educational intervention study was conducted on 63 children from an elementary school; NANDA-I diagnoses, outcomes from the Nursing Outcomes Classification, and interventions from the Nursing Interventions Classification were used. Three principle nursing diagnoses were identified: *sedentary lifestyle* (00168), *imbalanced nutrition, more than body requirements* [Retired -00001]; and, *readiness for enhanced sleep* (00165).

Results and Discussion:

The average age was 10.55 ± 0.53 years old, the weight was ± 11.22 kg, average height was 145 ± 0.78 c m. The body mass index (BMI) was 19.61 ± 4.44 ; 14% were overweight, and 26% presented with obesity. Nutritional educational guidance was provided to parents and children in the elementary school by a nutrition practice.

Impact on Discipline:

Obesity and *overweight* (00233) were present in the children from the elementary school, and nursing participation is of paramount importance to stop this phenomenon, by intervening with health promotion diagnoses and preventing their complications.

Bibliographic references

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