**PREVALENCE OF EXCESS BODY WEIGHT IN A STUDENT POPULATION OF THE CITY OF CAMPINAS, BRAZIL**

**J.F.K Saraiva**, A. Timerman, D.J.B. Saraiva, A. Avezum, J.R.Z. Mendes

1Sao Paulo State Cardiology Society, 2 Health Secretary of the City of Campinas, Brazil

Objective: To evaluate the prevalence of overweight and obesity in children and , age varying from 7 to 18 years, male and female, from government schools at the metropolitan city of Campinas, Brazil.

Methods: A cross-sectional study through a convenient sample size from an unselected school population was carried out. Eleven schools were randomly selected, from representative city areas. Study protocol included structured questionnaire, anthropometry, and blood pressure measurement. A non fasting lipid profile was obtained for further analysis. A sample of 4,699 students (47,1% male; mean age, 11.1±2.9 yr) were evaluated.

Results: About 3,092 students walked daily to school; complementary physical activity included 1.54h weekly for school classes and 2.23h weekly for outside school activity. Sedentary habits (television, videogames and computers) accounted for 3.29h daily. Dietary records showed meat consumption once a week in 25.9% and 37.3% did not have any fish consumption. Daily consumption of sweets and soft drinks was 26.6% and 26.8%, respectively, and fast food consumption, once a week, was present in 25.8%. Overweight (>+1SD) and obesity (>+2SD) were present in 15.7% and 16%. Weight excess in the younger group (7-12 yr) was 33.9%, and in the older group (13-18 yr), 26.6%.

Conclusion: The association of sedentary lifestyle and unhealthy dietary habits, with consequently high prevalence of overweight and obesity, firmly confirm the need for effective interventions starting before school age to effectively reverse unfavorable trends for cardiovascular risk and potential cardiovascular disease in the today´s society.