

#### **EP04.01**

#### **Like father, like son? – Characterization of children of obese patients from three Family Health Units**

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**Background:** Levels of childhood and adolescence obesity and overweight represent an important public health issue and have been rising both in developed and underdeveloped countries. Parents have a genetic and environmental influence on their children, because they establish dietary patterns at home, serving as role models to their children.

**Aim:** Characterization of children of obese patients from a sample of 3 Portuguese Family Health Units (FHU), according to their last registered value of Body Mass Index (BMI).

**Methods:** Study: observational, descriptive, cross-sectional Population: offspring of obese patients from 3 FHU Inclusion Criteria: offspring of patients from the 3 FHU, with ages between 40 and 50 years old and BMI  $\geq 30$  (registered between 01/01 and 31/12/2014) Sample: offspring of the first 50 obese patients from each FHU, selected by alphabetical order and fulfilling the inclusion criteria Variables: gender, age, last registered BMI value and respective percentile Data source: digitally available clinical files (SAM®, MedicineOne®, VitaCare®). Statistical analysis: Microsoft Excel 2010®.

**Results:** From the 236 children of the 150 obese patients evaluated, 50.4% were female. Ages of the offspring ranged between 2 months and 33 years old (mean of 16.9 years). From the offspring with registered BMI (196): 2.0% had low weight, 54.6% presented normal BMI; 24.5% were overweight and 18.9% were obese. From the latter, 24.3% had both parents obese.

**Conclusions:** From the population analyzed, almost half of the children (43.3%) who had registered BMI were overweight or obese. Furthermore, about a quarter of the obese children had both parents obese. The results of this study emphasize the importance of health education provided in Primary Health Care units - thus showing that the family doctor has a privileged position in family interventions, especially concerning the obesity problem.

Disclosure: No conflict of interest declared.