

IUNS 21st ICN International Congress of Nutrition

“From Sciences to Nutrition Security”

Buenos Aires, Argentina, 15-20 October 2017 - Sheraton Buenos Aires Hotel & Convention Center

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Reference

Defining an Anthropometric and Physical Activity Profile for Venezuelan Population: Preliminary Results from the Latin American Study of Nutrition and Health (ELANS)

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Background and Objectives: Nutrition status is important for the wellbeing of the population and physical activity (PA) **on the other hand**, is an important component of a healthy lifestyle. Evidence about **the its** benefits have been well documented. The aim of this study is to identify an anthropometric and physical activity profile for Venezuelan population, as part of the Latin American Study of Nutrition and Health (ELANS).

Methods: A randomized representative sample of 1131 subjects ages between 15-65, underwent through anthropometric evaluation: weight, height and an adapted version of long IPAQ was applied. Descriptive statistics, contingency tables to compare BMI, physical **Vigorous activities** activity and MET categorization were performed. Chi sq test was also performed to identify differences between genders.

Results:

33.4% Overweight



28.3% Obesity



There were no significant differences on BMI values among different socioeconomic status.

BMI and vigorous activity **showed** Chi square significant values ($p=0.001$ in men and $p=0.029$ in women) and comparison **depicted show** a trend for normal BMI on those individuals who performed vigorous PA, a higher BMI **is-was** observed on those who do not.

Comparison between BMI and MET categorization **showed** differences among men but not in women, showing a trend for men with higher BMI **to** who **reported** moderate or low MET categories while, men with normal BMI **show** attained **a** higher MET values.

Sedentary behaviors →
↓
92.4% of the sample perform seated activities

Watching TV	92.1%
Talking to friends	80.5%
Use the telephone	74.8%
Reading	47.2%

The bus is **was** the most relevant public transport used by Venezuelans (67%) and 40.2% **reported** using cars and motorcycle. According to **socioeconomic status** (SES) it is important to highlight the use of individually owned vehicles among low SES (38.1%) and of those 12.5% are motorcycles.

Regarding the perception of security of the surroundings, **75.4% reported insecurity in the neighborhood.**



Conclusions: **These findings of the present study concur in study shows** the need for implementation of public policies that promote physical activity for Venezuelan population.

Keywords:

Conflict of Interest and Further Collaborators:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES, **Instituto de Investigaciones Económicas y Sociales** -UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.