

147

BODY COMPOSITION ASSESSMENT IN LEIRIA'S 7TH GRADERS – A 5 YEAR COMPARISON (2009-2013)

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Introduction: The assessment of body composition in children has taken on greater significance because of the need to study the prevalence of obesity in children and youth and changes over time in a given population.

Objective: The aim of this study was to evaluate the variation over time of body composition in young adolescents, and compare results between sexes.

Methods: A total of 654 7th graders were monitored over a 5 year period in Leiria. Height (H), weight (W), fat mass % (FM) and waist circumference (WC) were accessed.

Results: Overall, no statistically significant differences were found for H, FM and WC averages per year. Statistically significant differences were found for W, between the years 2010 and 2013 ($p=0.006$) (2009=50.5kg±12.7; 2010=53.0kg±11.8; 2011=51.6kg±10.7; 2012=49.5kg±10.3; 2013=48.1kg±8.4). Filtered by sex, statistically significant differences were found for W (2009=50.0kg±14.5; 2010=53.7kg±13.1; 2011=53.4kg±10.7; 2012=50.8kg±12.4; 2013=48.8kg±8.5; $p=0.032$) and FM (2009=14.1%±8.0; 2010=16.9%±7.8; 2011=15.7%±7.6; 2012=15.4%±7.9; 2013=23.5%±6.6; $p=0.000$) for boys. Girls' W (2009=51.0kg±10.2; 2010=52.0kg±9.9; 2011=49.4kg±10.3; 2012=47.9kg±7.0; 2013=47.0kg±8.2; $p=0.031$) and FM (2009=23.9%±6.9; 2010=25.1%±6.7; 2011=22.6%±8.7; 2012=22.5%±6.3; 2013=14.2%±6.2; $p=0.000$) were significantly different.

Conclusions: Body composition in these specific population has maintained rather stable, with very similar results for the last 5 year period, except for 2013. However, if data is computed without sex differentiation, wrong interpretations are made. We didn't find significant differences for FM when all data were put together, but when sex is taken into account, for 2013, we could see boys being fatter and the opposite for girls, with statistically significant differences.

Descriptors: Body composition; Fat mass; Weight; Waist circumference; Children's health.

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148

PARENTING IN THE FIRST YEARS OF CHILD'S LIFE: AREAS OF NURSING INTERVENTION

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Introduction: Parenting involves a complex set of responsibilities that must be understood by parents and supported by professionals. They fit into five functional dimensions. A study, which had a nonprobability sample of 1,011 parents of children under age three years, showed the need to support parents in all items of parenting's dimensions. So, it would be necessary to know if these items were considered areas of nursing intervention.

Objective: This study aimed to determine areas of nursing intervention in parents' support.

Methods: The 25 items, distributed over 5 dimensions, which measure the parents' need of support, were considered a group of a questionnaire with two groups of questions. The second group was used to characterize the 43 expert nurses representing all health regions of Portugal who formed the nonprobability sample this descriptive study.

Results: All items of the five dimensions were considered areas of nursing intervention. The degree of participants' agreement ranged from 93% and 100% in the items of three dimensions (The child's physical needs; the child's safety; and positive communication with the child), from 95% and 97% in the items of the dimension development and stimulation of the child and from 88% and 95% in the dimension positive discipline.

Conclusions: The results showed areas of nursing intervention based on the parents' needs. The knowledge of these areas will contribute to guide the nursing support and for a training more directed to the needs of the population and a more productive research.

Descriptors: Child; child rearing; parents; parenting; nursing.

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