

43

ДАНИ ПРЕВЕНТИВНЕ МЕДИЦИНЕ DAYS OF PREVENTIVE MEDICINE

XLIII ИНТЕРНАЦИОНАЛНИ НАУЧНИ СКУП
XLIII INTERNATIONAL SCIENTIFIC MEETING

22-25. СЕПТЕМБАР 2009. НИШ
22-25th SEPTEMBER 2009. NIŠ

ИНСТИТУТ ЗА ЈАВНО ЗДРАВЉЕ НИШ
INSTITUTE FOR PUBLIC HEALTH NIS



ZBORNİK REZIMEA

Niš, 2009. godina

INSTITUT ZA JAVNO ZDRAVLJE NIŠ

MEDICINSKI FAKULTET NIŠ

**SRPSKO LEKARSKO DRUŠTVO -
AKTIV ZA PREVENTIVNU MEDICINU**

XLIII DANI PREVENTIVNE MEDICINE
Naučni sastanak sa međunarodnim učešćem



ZBORNİK REZIMEA
Niš, 2009. godina

UREDNIK I PRIPREMA ZA ŠTAMPU

Ass. dr Miodrag Stojanović
dr Tatjana Babić, mr sc
dr Stanko Marjanović

IZDAVAČ

Institut za javno zdravlje Niš

POKROVITELJSTVO

Ministarstvo za nauku i tehnološki razvoj
Ministarstvo zdravlja

ORGANIZACIJA

Institut za javno zdravlje Niš
Medicinski Fakultet Niš

GRAFIČKI DIZAJN

Disample studio
dr Stanko Marjanović

ŠTAMPA

"Aris-graf" - Niš

Ministarstvo za nauku i tehnološki razvoj, podržavala održavanje skupa i štampanje radova sa skupa

ORGANIZACIONI ODBOR/ ORGANISING COMMITTEE

PRESEDNIK/ PRESIDENT

prof. dr Branislava Kocić

SEKRETARI/ SECRETARY

ass. dr Miodrag Stojanović
dr Tatjana Babić, mr sc
dr Stanko Marjanović

ČLANOVI/ MEMBERS

dr Ljiljana Krivokapić, mr sc
dr Vesna Stošić
dr Dragan Zdravković
dr Ljiljana Ristić
dr Mirko Ilić
dr Ana Stefanović
Biljana Ljubenović, dip. hem.
Nikola Todorović, dip. Ecc

**POSTER PREZENTACIJE:
POSTER VIEWING:**

INDEKS TELESNE MASE KOD PREDŠKOLSKE DECE U BITOLJU

Domnika Rajčanovska, Prodanovska S V, Todorovski T.
JZU Zdravstveni dom, Bitolj.

Visoka Medicinska Škola, Bitolj.

Uvod: Debljina ili obesitas je taloženje masti u organizmu ili relativni višak masnog tkiva u celokupnoj telesnoj masi. Najčešća procena stepena debljine kod dece je merenje telesne težine deteta u odnosu na njegovu visinu, uzrast, pol i telesnu građu, koristeći odgovarajuće tablice.

Cilj: Cilj ovog rada je da se utvrdi kolika je incidenca debljine i rizika od debjine kod predškolske dece u Bitolju.

Materijal i metode: U epidemiološko-retrospektivnom studii obuhvaćeno je ukupno 894 dece uzrasta od 3 godine koja su posećivala preventivnu službu na redovan sistematski pregled u 2008 godini. Deca koja su opservirana imala su normalan perinatalni period, rođena bez rizika pri porodu. Analizirani parametri su bili: telesna težina, telesna visina i indeks telesne mase (ITM). Nisu opservirana deca sa rizikom, sa hroničnim bolestima i nije uzet porodični status dece. ITM je preračunavan sledećom formulom: $ITM = TT(kg) / TV(m)^2$ i dobijeni rezultati analizirani su prema odgovarajućim tabelama. Prema rezultatima deca sa $ITM > 95$ percentila su debela, od 85-95 percentila imali su rizik za debljinu, a $ITM < 5$ percentila su neuhranjena.

Rezultati: U toku studija praćeno je 894 dece starosti od 3 godine, među kojima je 440 (49,22%) muška deca, a 454 (50,78%) su ženska. ITM veći od 95 percentila za tu uzrast imalo je 115 dece ili 12,85%, od kojih 52 (11,82%) su bili muška, a 63 (13,88%) ženska. ITM od 85-95 percentila ili rizik za debljinu imalo je 102 dece ili 11,41% (muška su bila 46 (10,45%), a ženska 56 (12,33%). Ostala opservirana deca u toku ove studije imala su ITM u granicama normale za njihov uzrast.

Zaključak

Iz svega proizlazi da su od ukupnog broja ispitivane dece oko 11,4% imala ITM 85-95 percentila, a veći od 95 percentila imala su oko 13%. Ženska deca su bila zastupljena u većem procentu. Zbog toga prevenciju debljanja treba početi još u ovom dobi. Preporučuje se usmeravanje svih napora lekara i celokupnog društva ka edukaciji roditelja i zaposlenih u predškolskim ustanovama za promoviranje zdrave hrane, pića, fizička aktivnost i razvijanje zdravih navika u ishrani.

Ključne reči: Predškolska deca, debljina, rizik od debljine, prevencija.

INDEX OF THE PRESCHOOL CHILDREN'S WEIGHT AT THE BITOLA

Rajchanovska Domnika, Prodanovska S V, Todorovski T.
Public Health Organization, Health Center Bitola

Highter Medical School, Bitola.

Introduction: Fatness or obesity is a phenomenon of the accumulation of fat in the human organism or extra fat tissue in the corporal mass as a whole. The most frequent way of evaluation of the level of fatness is measuring the weight of the child regarding its height, age, sex and body constitution, using appropriate matrix.

Aim: The aim of this work is to identify the amount of incidence of the fatness and the risk of fatness at the preschool children in Bitola.

Patients and Methods: In the epidemiological and retrospective study, 894 children were implied at the age of three years who came in the Service of Preventive Health Care of the Preschool Children during the regular check ups in the year 2008. All the involved children had normal perinatal period, born without any risk during the childbirth. The analyzed parameters were weight, height and body mass index (BMI). Children who were born with a risk and chronic diseases were not analyzed, and also the family status was not taken into consideration. The BMI status was calculated according the formula $BMI = W(kg) / H(m)^2$ and the results were analyzed according the appropriate matrix. It should be seen in the function of the age and sex. So, the children with BMI > 95 percentile were fat, BMI 85-95 percentile were risk of fatness and BMI < 5 percentile were malnutrition.

Results: In the study, 894 children were inspected on the age of 3 years, from whom 440 (49,22%) were male, and 454 (50,78%) were female. The index of the corporal mass bigger than 95 percentile for the age was found at 115 children or 12,86%. From them 52 (11,82%) were male and 63 (13,88%) were female. Index of corporal mass from 85 to 95 or the fatness risk was found at 112 children or 11,41%. Male 46 (10,45%) and female 56 (12,33%). The rest of the children had BMI at the normal level for their age.

Conclusion: From the research it can be concluded that the total number of examined children at the age of 3 years or around 11,41% had BMI from 85-95 percentile, and 13% had bigger than 95 percentile. The female children were in larger number. Because of this the prevention from fatness should be started since this age. Education of the parents and the employees in the Preschool Organizations for promotion of healthy food, drinks, physical activity is recommended, and also and before everything the development of the healthy habits in nutrition.

Key words: preschool children, fatness, risk of fatness, prevention.