

PHYSICAL ACTIVITY LEVELS AND FOOD INTAKE IN CHILDREN OF A PRESCHOOL EDUCATION INSTITUTION IN BOGOTÁ (COLOMBIA): A PILOT STUDY.

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Aim: To characterize with valid and reliable instruments the level of physical activity and food consumption of a group of preschool children in an institution that receives food support from the Colombian government in Bogotá City **Method:** This is a cross-sectional descriptive study, which sought to characterize the level of physical activity (PA) and food consumption (FC) of a group of children between 4 and 5 years old, belonging to a preschool educational institution (EI) in the city of Bogotá. The study was approved by the Ethics Committee of Medicine Faculty of the National University of Colombia. As inclusion criteria, preschoolers between 4 and 5 years old, enrolled in the EI during the period of development of this research, who have been authorized by the parents through the signing of informed consent. As exclusion criteria, schoolchildren with developmental delay, psychiatric diseases, cardiovascular pathologies, malnutrition, severe physical deconditioning or other conditions that could affect or limit body movement, physical exercise or neurological performance. Children with specific diets (allergies, intolerances, digestive or metabolic pathologies) and those who did not comply with the required measurement protocol were also excluded. PA levels were characterized using ActiGraph® accelerometers, wGT3X-BT; The food intake was measured with a digital type gramer, Electronic Compact Scale Brand, reference SF-400 A with a capacity of 5000 g, precision of 1 g and full capacity of Tare Weight. The measurements were made for the school day for a full week. For the statistical analysis, descriptive statistics were used using frequency tables, measures of central tendency, variability, histogram graphs, among others. **Result:** None of the participants complied with the global recommendations of daily PA for this age, most are sedentary. The total Calories intake is at an adequacy level of 83% on average with respect to the Colombian Family Welfare Institute recommendation and 60% of the Calories of the day. Breakfast and lunch represent a contribution of 95 and 97% respectively, the snack was 80% lower than the calories and macronutrients required recommendation. **Conclusion:** None of the participants complied with the global daily PA recommendations. The FC complies with nutritional recommendations greater than 90% regarding breakfast and lunch; however, snack planning should be reinforced. This study is the first phase of a proposal that seeks to lay the foundations for developing strategies for the promotion of balanced PA and FC in preschoolers and in which parental involvement is expected, an aspect that will be developed in the next phase if the research.

Biography

Mary Luz Ocampo Plazas is a Physical Therapist and Associate Professor of the Human Body Movement Department at the National University of Colombia. She received her Masters

Degree in Education and Social Development from the National Pedagogic University ln Bogotá, Colombia. Professor Ocampo Plazas specializes in physical exercise for health. Currently, she coordinates the Physical Therapy internship in Education, where she studies the impact of physical activity on the development of physical activity levels in school children using accelerometers; the correlation of physical activity levels and nutritional consumption in children for the design and implementation of physical exercise programs; and the correlation between physical activity levels and attention, inhibitory control and memory conditions in children. She is a member of the kinesiotherapy Research Group of Human Body Movement Department and coordinates the undergraduate student research program, Children and Teenagers' Physical Activity.

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