

I Jornada de l'obesitat CAMFiC. “Una mirada integral a l'obesitat: Ciència i proximitat des de l'Atenció Primària



CAMFiC
societat catalana de medicina
familiar i comunitària

Dr. Santi F. Gómez, RP, MSc, MPH, PhD

Director Global de Recerca i Programes



Barcelona , 11/12/2025

- **Estudis observacionals.**
Per conèixer millor l'obesitat i les seves causes i conseqüències.
- **Incidència pública.**
Promoure polítiques públiques per la prevenció de l'obesitat i generar entorns salutogènics.
- **Sensibilització social.**
Contribuir al canvi de percepció social sobre els estils de vida i l'obesitat.
- **Programes.**
Prioritzant entorns en situació de vulnerabilitat socioeconòmica i amb avaluació d'impacte.

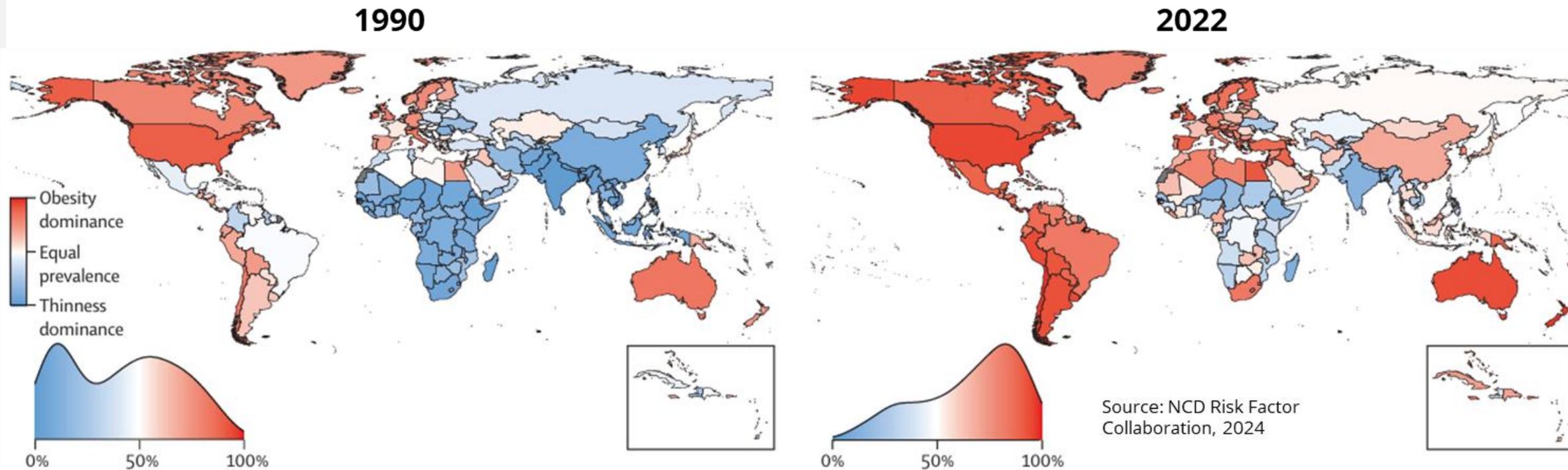
Evidència científica

Prevenició de l'obesitat infantil: la visió estratègica de la Gasol Foundation

Context epidemiològic

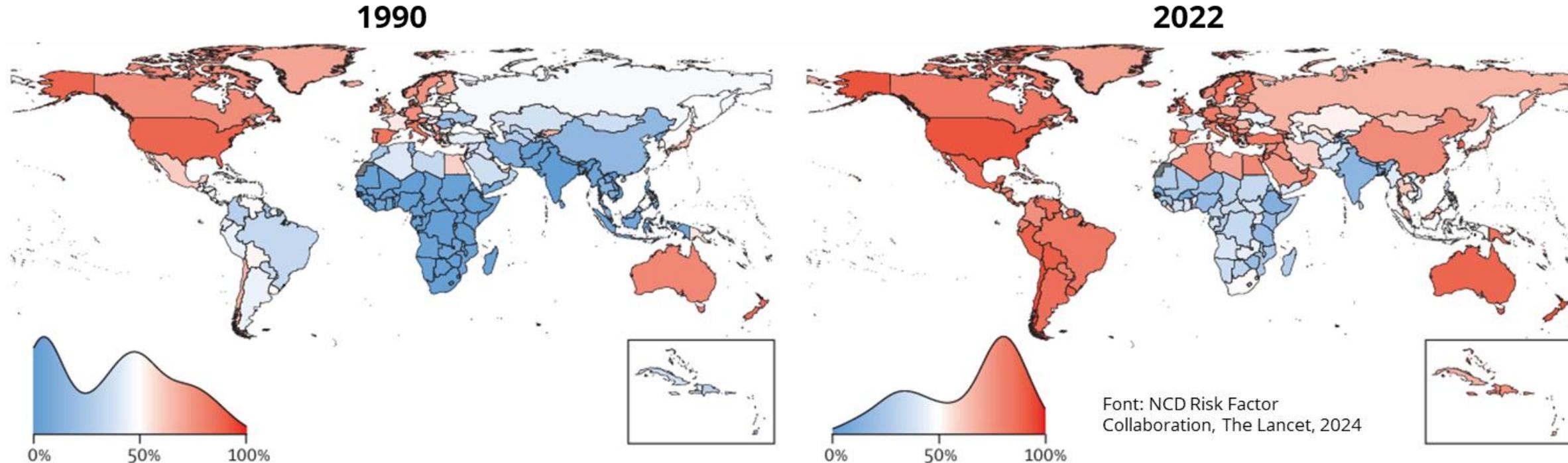
L'obesitat infantil

Epidemiologia. Doble càrrega de baix pes i obesitat a nivell mundial en nenes de 5 a 19 anys



En les **3 últimes dècades ha incrementat** de manera rellevant el % de països del món en els quals l'epidèmia d'obesitat infantil domina en estudiar la doble càrrega epidèmica de baix pes i obesitat (malnutrició)

Epidemiologia. Doble càrrega de baix pes i obesitat a nivell mundial en nenes de 5 a 19 anys



Excès de pes (sobrepès + obesitat)

37 milions
infants
0 a 5 anys

390 milions
infants
5 a 19 anys

Increment **del 8%** en 1990 **al 20%** en 2022

Obesitat

Increment **del 2%** en 1990 (31 milions) **al 8%** en 2022 (160 milions)

Cost econòmic

3 trilions US\$ en 2030 y 18 trilions en 2060

Epidemiologia. Evolució prevalença obesitat infantil a Espanya

Pediatric Obesity in Spain: From 2000 to 2019 – Comparison of Two Nationwide Representative Studies

Obesity Facts

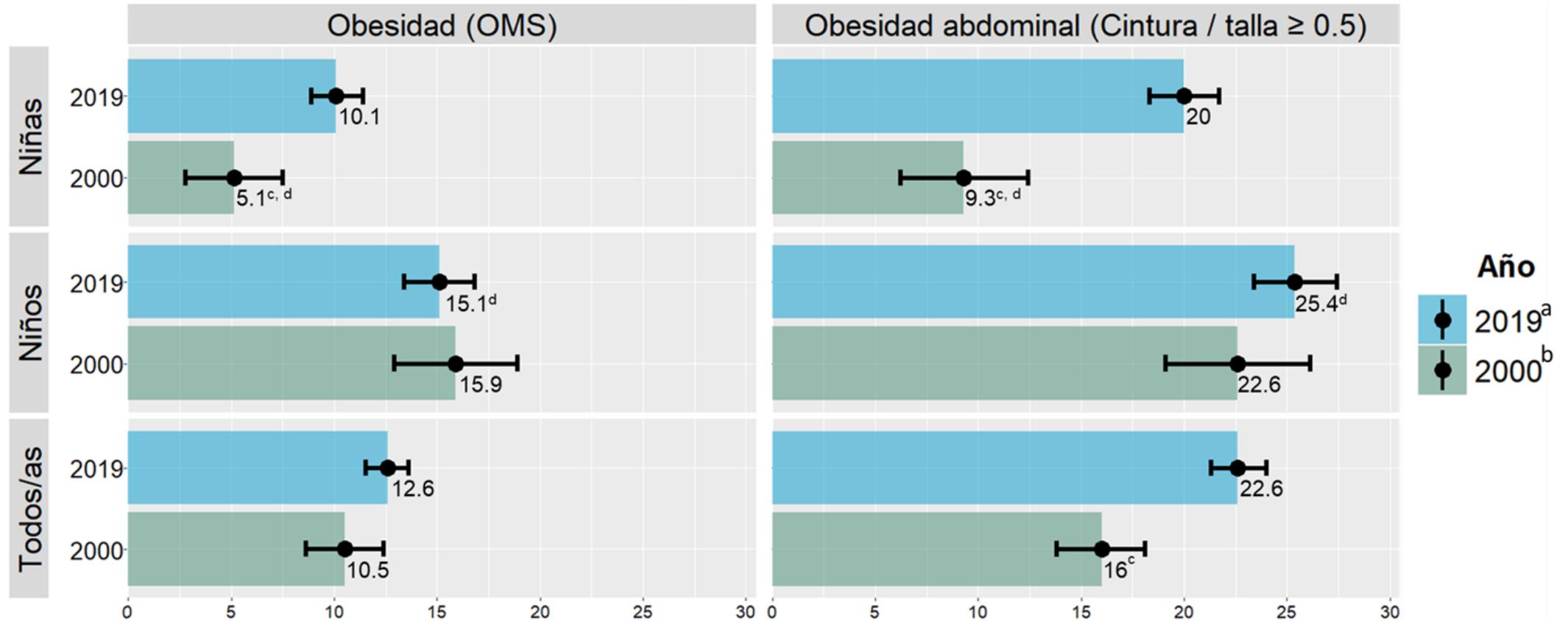
Pediatric Obesity in Spain: From 2000 to 2019 The European Journal of Obesity

DOI: 10.1159/000549431

 Edits not possible here. Request corrections via 'general comment', click on the  located at the bottom left of the page. Production editor will review.

Santiago Felipe Gómez^{a,b,c,d}, Paula Berruezo^{a,e}, Silvia Torres^{a,f}, Julia Wärmberg^{g,h}, Maddi Osésⁱ,
Marcela Gonzalez-Gross^{h,j}, Narcis Gusi^k, Susana Aznar^l, Elena Marín-Cascales^{m,n}, Miguel González-
Valeiro^o, Inmaculada Bautista-Castaño^{h,p}, Luis Peña-Quintana^{h,p,q}, Nicolás Terrados^r, Josep A. Tur^{h,s,t},
Marta Segú^u, Montse Fitó^{c,h}, Lourdes Ribas-Barba^{h,p}, Genis Según^{a,v}, Juan Carlos Benavente-Marín^g,
Idoia Labayen^{h,i}, Augusto G. Zapico^{j,w}, Jesús Sánchez-Gómez^k, Fabio Jiménez-Zazo^l, Pedro Emilio
Alcaraz^{m,n}, Marta Sevilla-Sanchez^o, Estefanía Herrera-Ramos^p, Susana Pulgar^r, Cristina Bouzas^{h,s,t},
Lluís Serra-Majem^{h,p,q} and Helmut Schröder^{b,c}

Epidemiologia. Evolució de la prevalença de l'obesitat infantil a Espanya: del 2000 al 2019



a- Estudio PASOS: Todos/as (n=3526); Niños (n=1707); Niñas (n=1819)

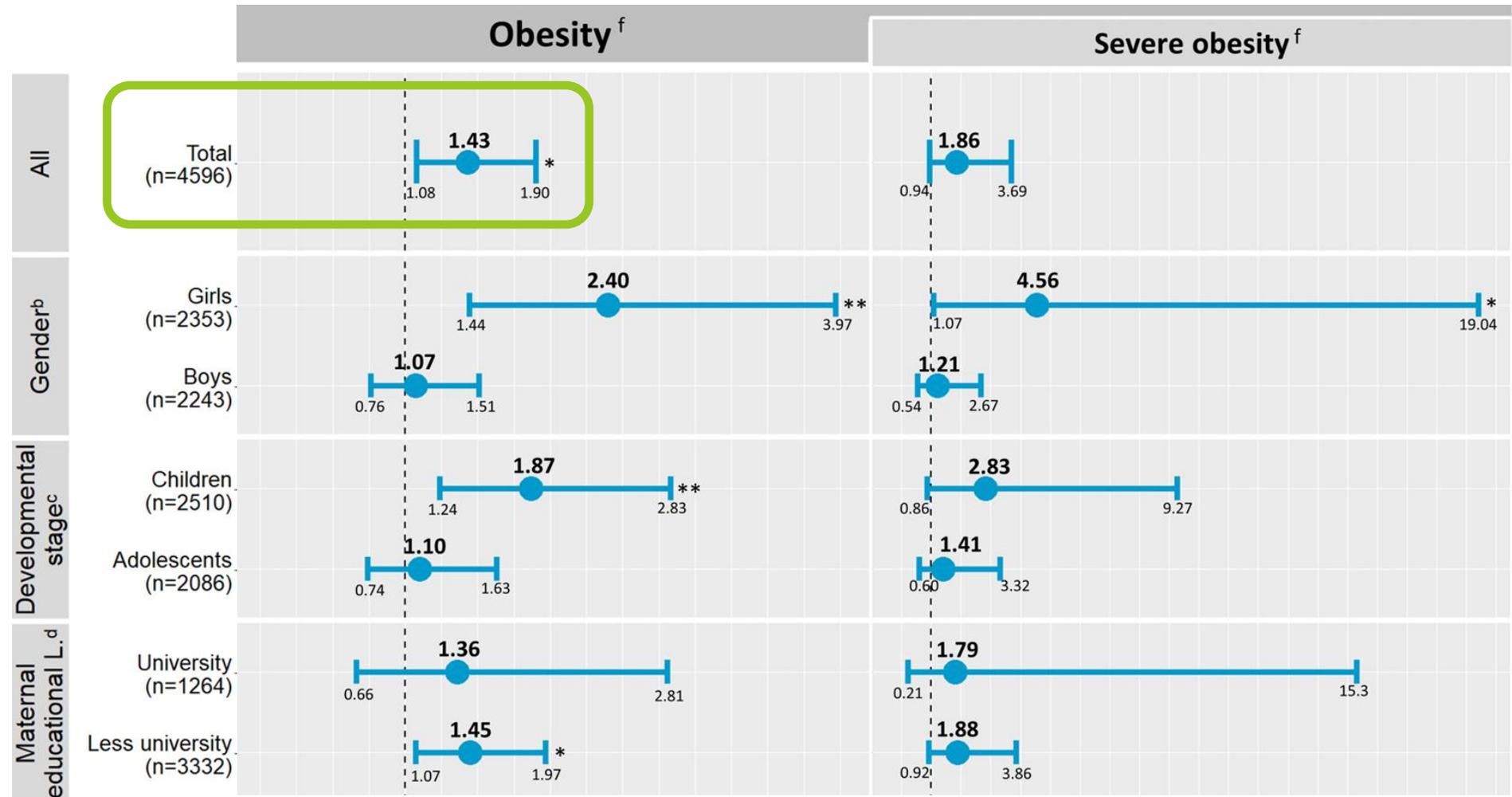
b- Estudio EnKid: Todos/as (n=1089); Niños (n=549); Niñas (n=540)

c- $p < 0.05$ niñas vs niños dentro del mismo estudio

d- $p < 0.05$ entre estudios

Epidemiologia. Evolució de la probabilitat d'obesitat i obesitat severa infantil a Espanya: 2019 respecte el 2000

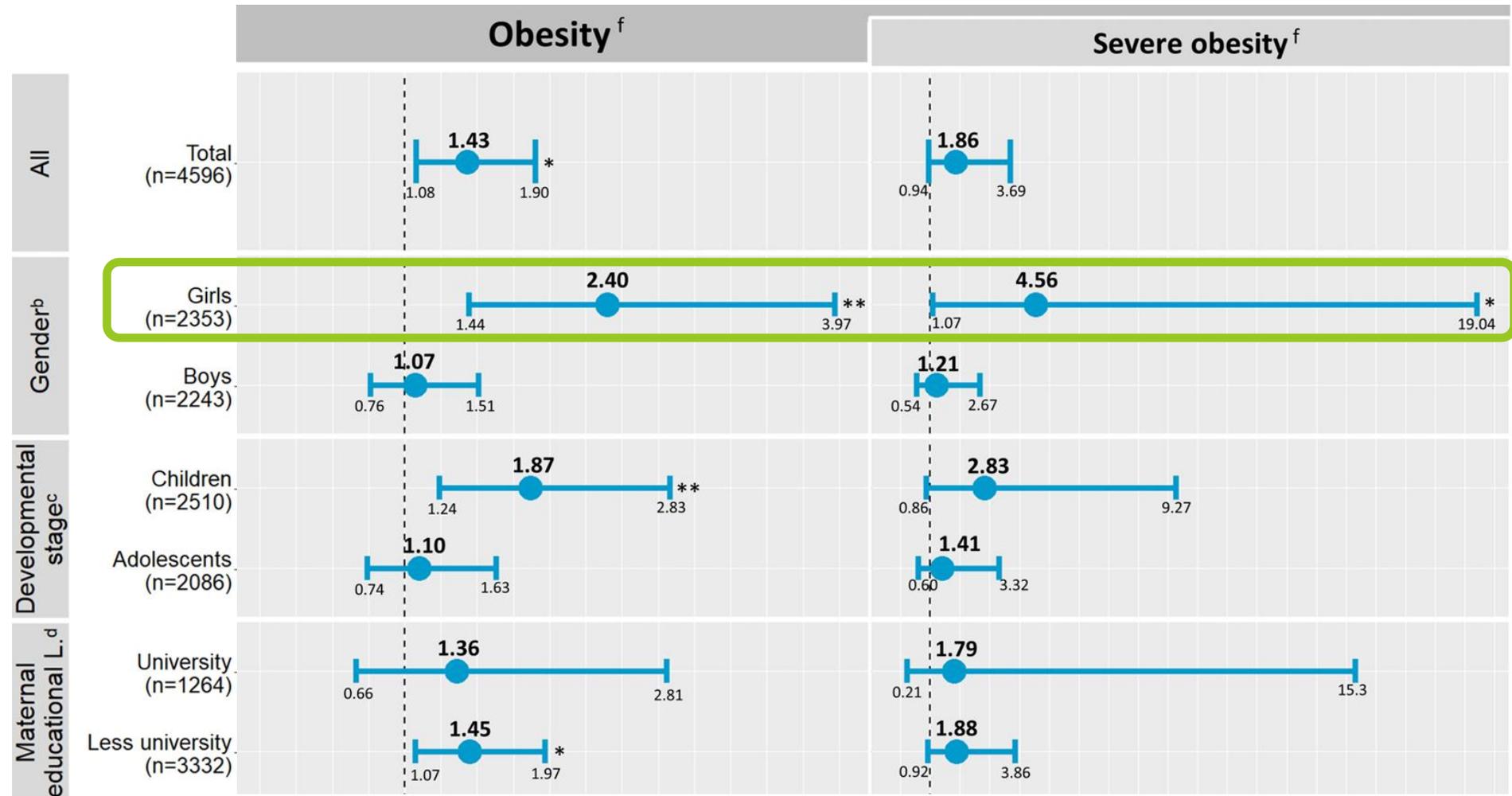
Regressió logística.
OR de presentar obesitat i obesitat severa (segons IMC) a l'any 2019 respecte l'any 2000. Segons gènere, etapa evolutiva i nivell acadèmic matern.



Epidemiologia. Evolució de la probabilitat d'obesitat i obesitat severa infantil a Espanya: 2019 respecte el 2000

Regressió logística.

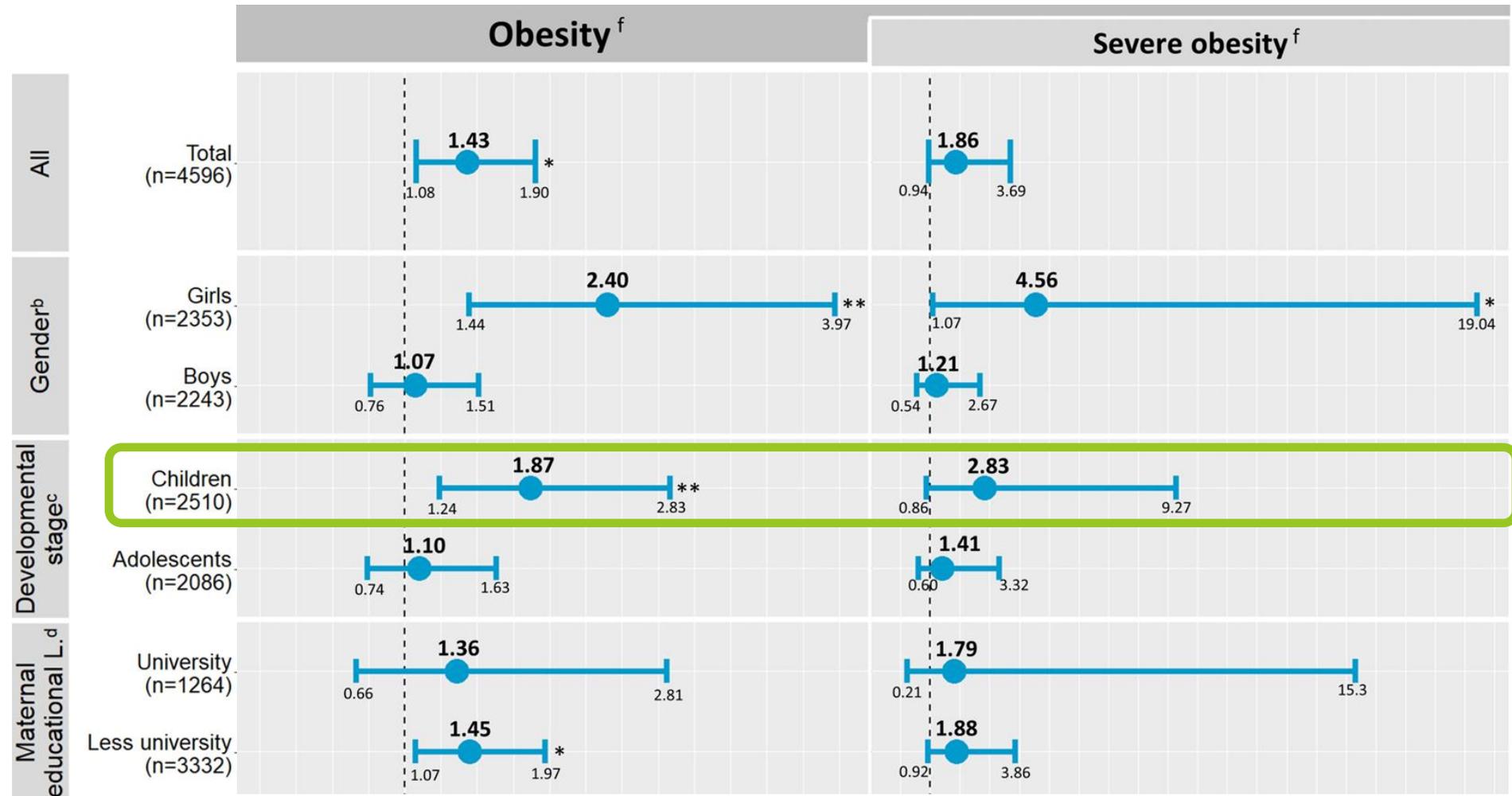
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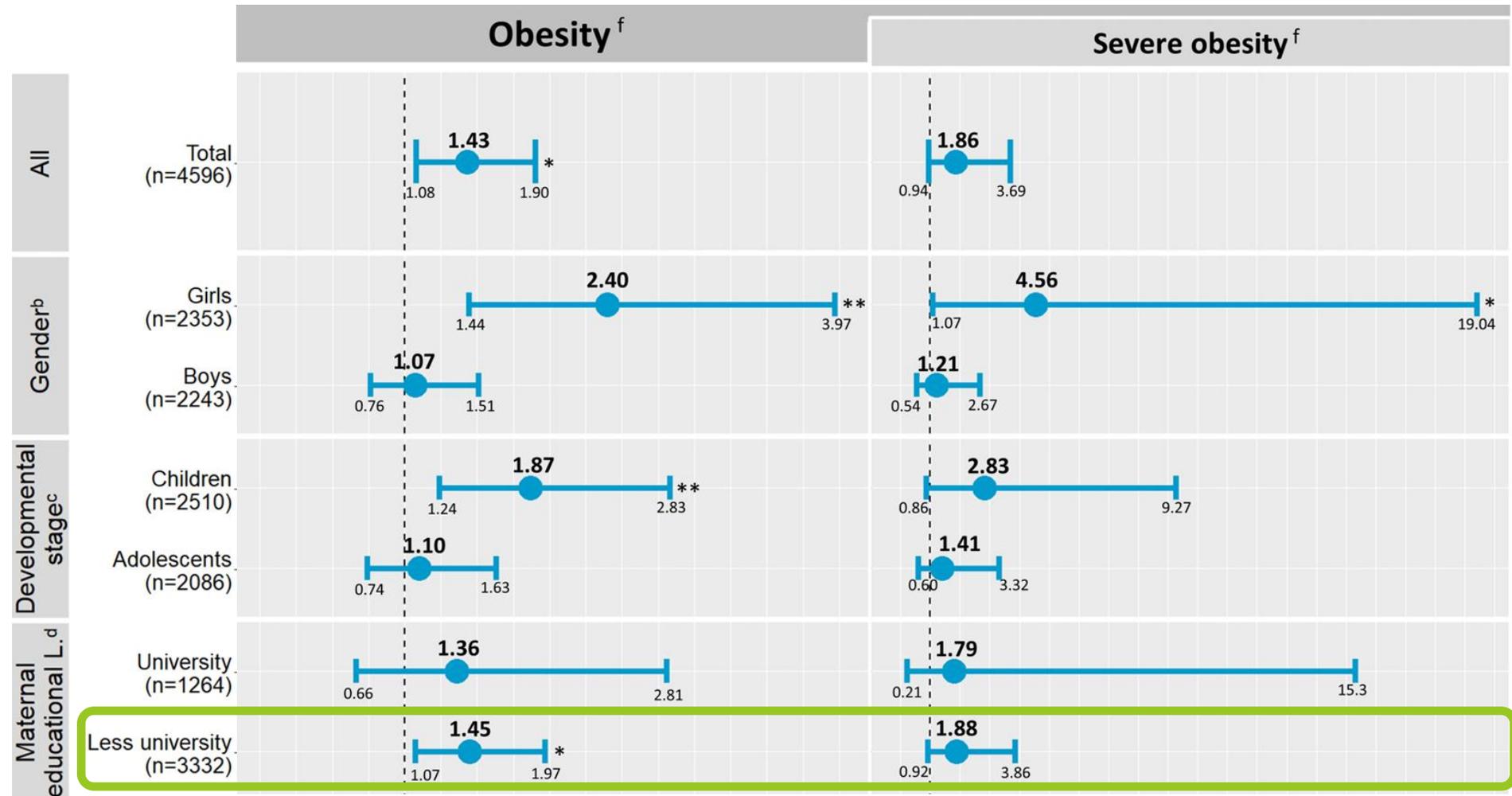
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PANDÈMIA GLOBAL COM A SIMPTOMA DE FRACÀS D'UNS **SISTEMES SOCIALS I ECONÒMICS** INCAPAÇOS DE PROTEGIR EL DESENVOLUPAMENT SALUDABLE DE LA INFÀNCIA

Hem de mirar cap als entorns no cap a les famílies:

la seva voluntat no ha canviat, segueixen volent el benestar pels infants

Epidemiologia. Gradient socioeconòmic de l'obesitat infantil a Espanya al 2019-2020



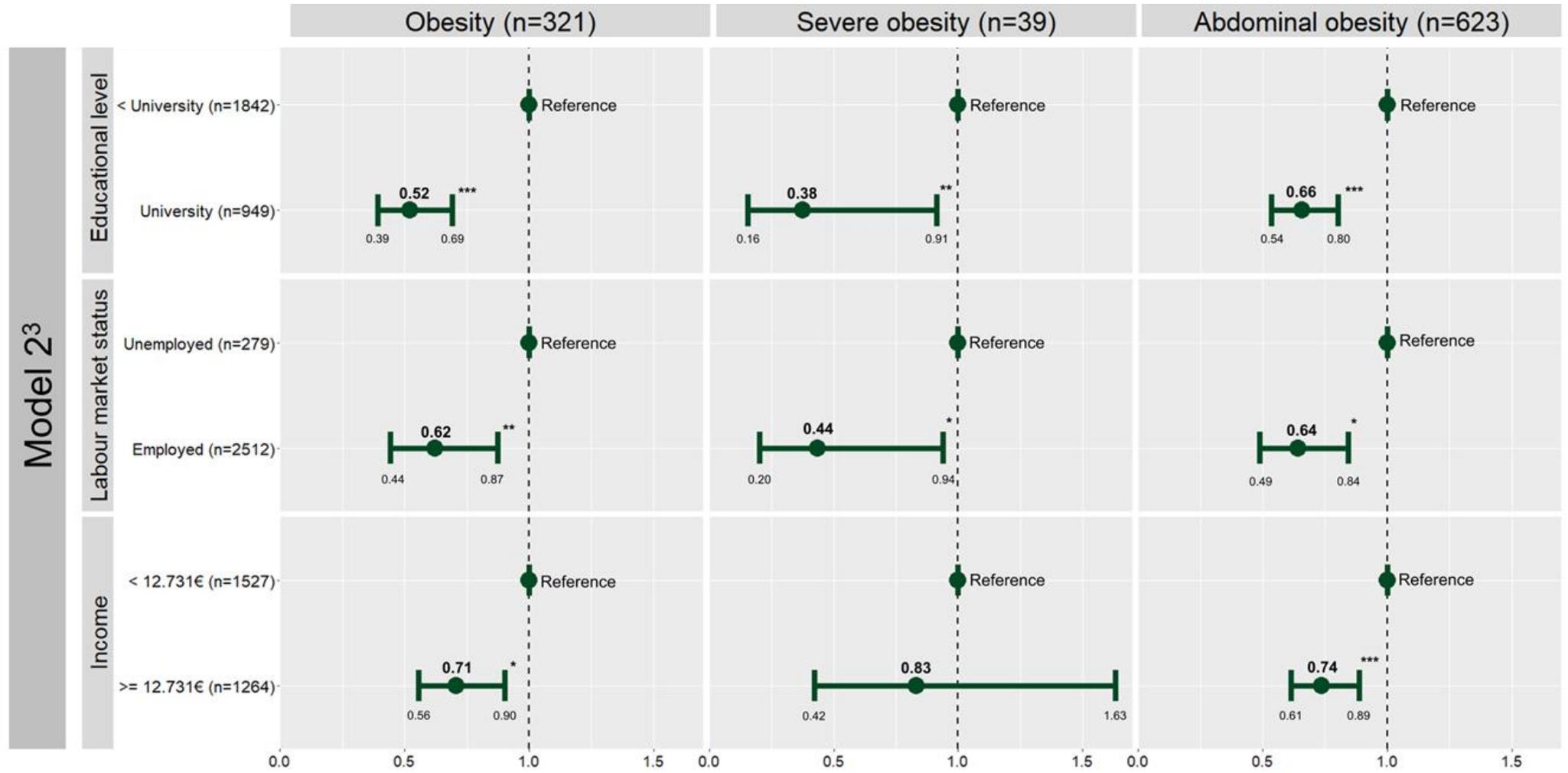
Article

Independent and joined association between socioeconomic indicators and pediatric obesity in Spain: the PASOS Study

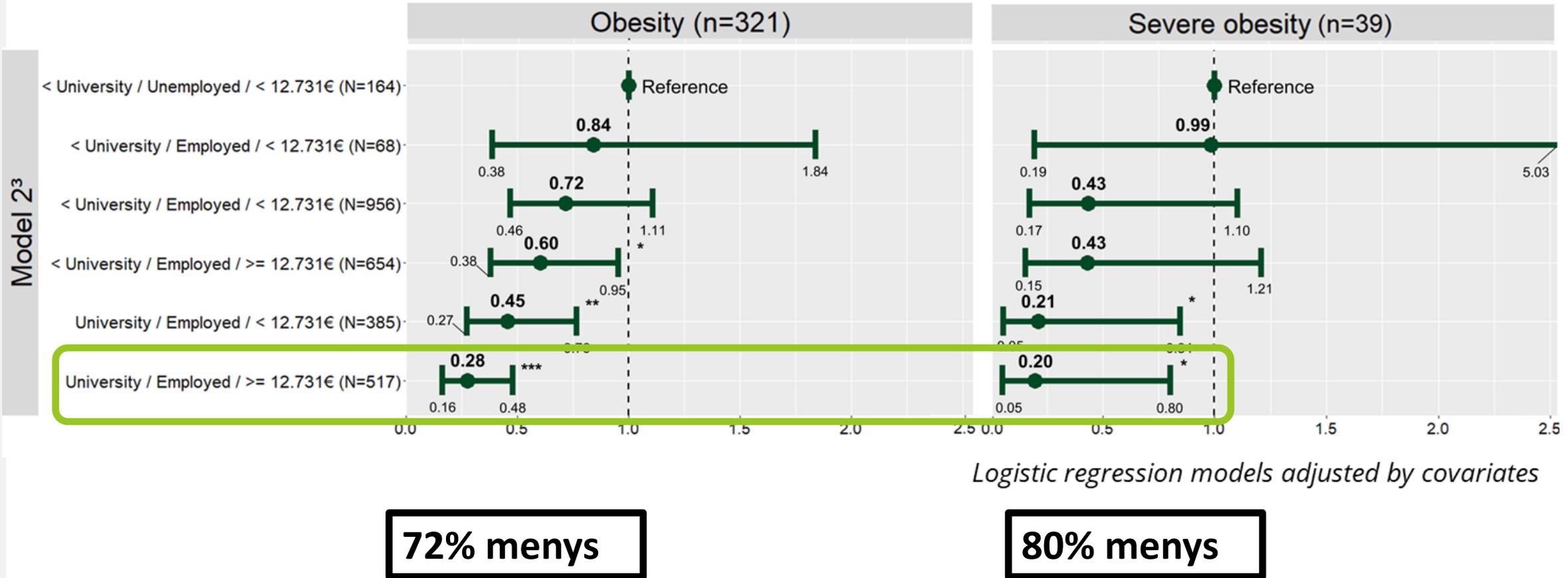
Clara Homs^{1,2}, Paula Berruezo¹, Albert Arcarons, PhD^{3,4}, Julia Wärnberg, PhD^{5,6}, Maddi Osés⁷, Marcela González-Gross, PhD^{5,8}, Narcis Gusi, PhD⁹, Susana Aznar, PhD^{10,11}, Elena Marín-Cascales, PhD^{12,13,14}, Miguel Ángel González-Valeiro, PhD¹⁵, Lluís Serra-Majem, PhD^{5,16}, Nicolás Terrados, PhD¹⁷, Josep A Tur, PhD^{5,18}, Marta Segú¹⁹, Montserrat Fitó, PhD^{5,20}, Juan Carlos Baena-Marin^{5,6}, Idoia Labayen, PhD^{5,7}, Augusto G Zapico, PhD^{8,21}, Jesús Sánchez-Gómez⁹, Fabio Jiménez-Zazo, PhD¹⁰, Pedro E. Alcaraz, PhD^{12,13,14}, Marta Sevilla-Sanchez, PhD¹⁵, Estefanía Herrera-Ramos, PhD²², Susana Pulgar-Muñoz¹⁷, Cristina Bouzas, PhD^{5,18}, Raimon Milà, PhD², Helmut Schröder, PhD^{20,23*,†} and Santiago F. Gómez, PhD^{1,20,23,24*,†}



Epidemiologia. Gradient socioeconòmic de l'obesitat infantil a Espanya al 2019-2020



Epidemiologia. Gradient socioeconòmic de l'obesitat infantil a Espanya al 2019-2020



Epidemiologia. Evolució del zBMI a Espanya entre el 2019-2020 i el 2022-2023

Models	Variable	β	CI (95%)	p-value
Model 1	Study (2022 vs 2019)	-0.043	-0.106; 0.020	0.185
	Study \times SES interaction	-0.084	-0.141; -0.026	0.004
Model 2	Study (2022 vs 2019)	-0,126	-0,197; -0,056	<0,001
	Study \times SES inverse interaction	0.084	0.026; 0.141	0,141

Model 1: Adjusted by gender, age, school, parental educational level, labor market and direct **interaction variable**. Result corresponds to the most deprived situation in the interaction (parental educational level = non-university).

Model 2: Adjusted by model 1 and **interaction inverse variable**. Result corresponding to the most advantaged situation in the interaction (parental educational level = university).

Epidemiologia. Evolució del zBMI a Espanya entre el 2019-2020 i el 2022-2023

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Model 2: Adjusted by model 1 and **interaction inverse variable**. Result corresponding to the most advantaged situation in the interaction (parental educational level = university).

ELS SISTEMES SOCIALS I ECONÒMICS ESTAN DESPROTEGINT MÉS A LA INFÀNCIA EN SITUACIÓ DE VULNERABILITAT SOCIOECONÒMICA

Necessari incorporar enfocats adreçats a la reducció de desigualtats:

La promoció de la salut hauria d'incorporar una mirada sensible cap a les desigualtats socials en salut i les polítiques de reducció de la pobresa infantil haurien d'incorporar la promoció de la salut

The Obesity Epidemic: Causes and Consequences (A Cameron and K Backholer, Section Editors) |
 Published: 04 November 2020

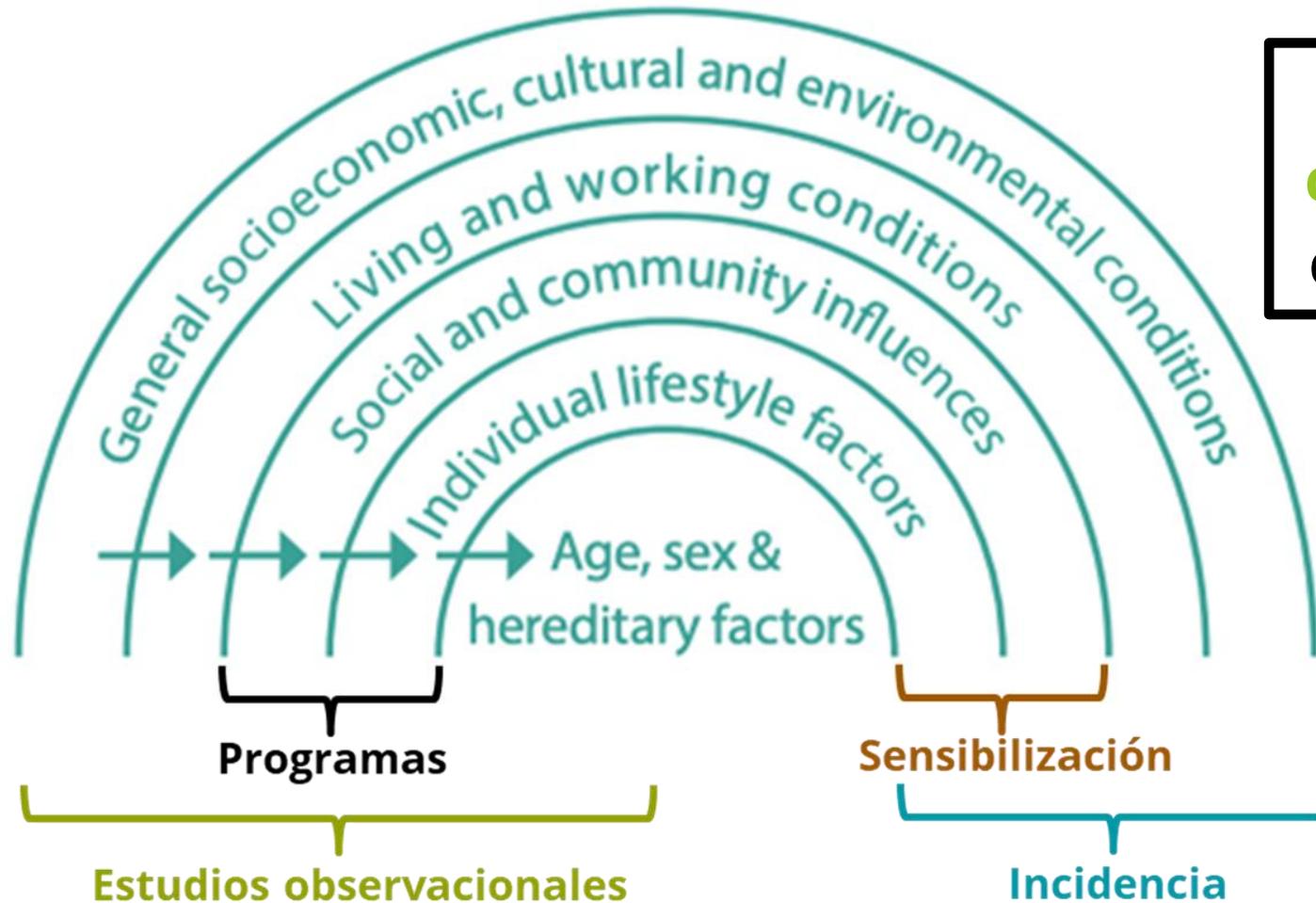
Obesity: a Ghost at the Feast of the Sustainable Development Goals

Tim Lobstein  & Katy Cooper

Current Obesity Reports 9, 470–478 (2020)



La **estratègia** de la Gasol Foundation està adreçada a **impactar** sobre els **determinants socials de la salut**



Necessitat de **canvi estructural**, cultural i sistèmic

Basat en el model arc iris: Dahlgren y Whitehead

Estudis observacionals: Necessitem ampliar l'evidència científica sobre els determinants de l'obesitat





www.gasofoundation.org/santboisa

Número de escuelas participantes por CCAA >



EN EL ESTUDIO PASOS HAN PARTICIPADO:

245 centros educativos

14 grupos de investigación

3.201 niños/as y adolescentes

72 investigadores/as

2 edicions **transversals**:

- 2019 – 2020
- 2022 – 2023

N > **6500** participants de 8 a 16 anys

Seguiment **longitudinal**:

N > **850** participants després de 3,5 anys

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Protocol

BMJ Open Study protocol of a population-based cohort investigating Physical Activity, Sedentarism, lifestyles and Obesity in Spanish youth: the PASOS study

Santiago Felipe Gómez ^{1,2}, Clara Homs,^{1,3} Julia Wärnberg,^{4,5} Maria Medrano,⁶ Marcela Gonzalez-Gross,^{5,7} Narcis Gusi,⁸ Susana Aznar,⁹ Elena Marín Cascales,¹⁰ Miguel González-Valeiro,¹¹ Lluís Serra-Majem,^{12,13} Nicolás Terrados,¹⁴ Josep A Tur,¹⁵ Marta Segú,¹⁶ Camille Lassale ^{17,18}, Juan Carlos Benavente-Marín,⁴ Idoia Labayen,⁶ Augusto García Zapico,^{7,19} Jesús Sánchez-Gómez,⁸ Fabio Jiménez-Zazo,⁹ Pedro Emilio Alcaraz,^{10,20} Marta Sevilla-Sanchez ¹¹, Estefanía Herrera-Ramos,¹² Susana Pulgar,¹⁴ Maria del Mar Bibiloni,^{5,15} Olga Sancho,¹⁶ Helmut Schröder^{17,18}

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 (2021) 18:98
<https://doi.org/10.1186/s12966-021-01169-w>

International Journal of Behavioral
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METHODOLOGY

Open Access

Validity, reliability, and calibration of the physical activity unit 7 item screener (PAU-7S) at population scale



Helmut Schröder^{1,2*}, Isaac Subirana^{3,4}, Julia Wärnberg^{5,6}, María Medrano⁷, Marcela González-Gross^{6,8}, Narcis Gusi⁹, Susana Aznar^{10,11}, Pedro E. Alcaraz^{12,13}, Miguel A. González-Valeiro¹⁴, Lluís Serra-Majem^{6,15,16}, Nicolás Terrados¹⁷, Josep A. Tur^{6,18}, Marta Segú¹⁹, Clara Homs^{20,21}, Alicia García-Álvarez²², Juan C. Benavente-Marín⁵, F. Javier Barón-López^{5,6}, Idoia Labayen⁷, Augusto G. Zapico^{8,23}, Jesús Sánchez-Gómez⁹, Fabio Jiménez-Zazo¹⁰, Elena Marín-Cascales¹², Marta Sevilla-Sánchez¹⁴, Estefanía Herrera-Ramos¹⁵, Susana Pulgar¹⁷, María del Mar Bibiloni^{6,18}, Clara Sístac-Sorigué¹⁹ and Santiago F. Gómez^{20,24*}

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International Journal of Behavioral
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METHODOLOGY

Open Access

Validity, reliability, and calibration of the physical activity (7S) at population level



Helmut Schröder^{1,2*}, Ismael Susana Aznar^{10,11}, Pedro Josep A. Tur^{6,18}, Marta Segú F. Javier Barón-López^{5,6}, Elena Marín-Cascales¹², María del Mar Bibiloni^{6,18}

Article

Screen Time and Parents' Education Level Are Associated with Poor Adherence to the Mediterranean Diet in Spanish Children and Adolescents: The PASOS Study

Julia Wärnberg^{1,2}, Napoleón Pérez-Farinós^{2,3,4}, Juan Carlos Benavente-Marín^{1,2}, Santiago Felipe Gómez^{4,5}, Idoia Labayen⁶, Augusto G. Zapico^{7,8}, Narcís Gusi⁹, Susana Aznar¹⁰, Pedro Emilio Alcaraz^{11,12}, Miguel González-Valeiro¹³, Lluís Serra-Majem^{2,14}, Nicolás Terrados¹⁵, Josep A. Tur^{2,16}, Marta Segú¹⁷, Camille Lassale^{2,18}, Clara Homs^{4,19}, Maddi Osés⁶, Marcela González-Gross^{2,7}, Jesús Sánchez-Gómez⁹, Fabio Jiménez-Zazo¹⁰, Elena Marín-Cascales¹¹, Marta Sevilla-Sánchez¹³, Estefanía Herrera-Ramos¹⁴, Susana Pulgar¹⁵, María del Mar Bibiloni^{2,16}, Olga Sancho-Moron¹⁷, Helmut Schröder^{18,20} and F. Javier Barón-López^{1,2}

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METHODOLOGY

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Validity, reliability, and calibration of the physical activity (IPAQ-L) at population level (PASOS study)



Helmut Schröder^{1,2*}, Susana Aznar^{10,11}, Pedro Josep A. Tur^{6,18}, Marta Segú¹⁷, F. Javier Barón-López^{5,6}, Elena Marín-Cascales¹², María del Mar Bibiloni^{6,18}

Article Screen Time and Physical Activity in Children and Adolescents: A Cross-Sectional Study

Julia Wärnberg^{1,2}, Idoia Labayen⁶, Augusto G. Zapico^{7,20}, Camille Lassale^{2,18}, Clàudia Pulgar¹⁵, Susana Pulgar¹⁵, María del Mar Bibiloni^{6,18} and F. Javier Barón-López^{5,6}



Article Combining Physical Activity and Sedentary Behavior in Children and Adolescents

Maria del Mar Bibiloni⁶, Maddi Osés-Rcalde⁶, Elena Marín-Cascales¹², Marta Segú¹⁷, Camille Lassale^{2,18}, Clàudia Pulgar¹⁵, Susana Pulgar¹⁵, Clara Sistac¹⁶, Helmut Schröder^{17,18}, Cristina Bouzas^{1,2} and Josep A. Tur^{1,2,*}



Article Determinants of Physical Activity in Spanish Children and Adolescents

Maria del Mar Bibiloni⁶, Maddi Osés-Rcalde⁶, Elena Marín-Cascales¹², Marta Segú¹⁷, Camille Lassale^{2,18}, Clàudia Pulgar¹⁵, Susana Pulgar¹⁵, Clara Sistac¹⁶, Helmut Schröder^{17,18}, Cristina Bouzas^{1,2} and Josep A. Tur^{1,2,*}



Article Trends in Physical Activity and Sedentary Behavior in Spanish Children and Adolescents

Clara Homs^{1,2}, Paula Gross, PhD^{5,8}, Narcís Gusi⁹, Susana Pulgar¹⁵, Clara Sistac¹⁶, Helmut Schröder^{17,18} and Lluís Serra-Majem^{1,2,24,*}



Article Parents' Diet Quality and Physical Activity Are Associated with Lifestyle in Spanish Children and Adolescents: The PASOS Study

Margalida Monserrat-Mesquida^{1,2,3}, Marina Ródenas-Munar^{1,2,3}, Santiago F. Gómez^{4,5}, Julia Wärnberg^{2,6}, María Medrano^{2,7}, Marcela González-Gross^{2,8}, Narcís Gusi⁹, Susana Aznar¹⁰, Elena Marín-Cascales^{11,12}, Miguel A. González-Valeiro¹³, Lluís Serra-Majem^{2,14,15}, Susana Pulgar¹⁶, Marta Segú¹⁷, Montse Fitó^{2,18}, Genís Segú^{4,19}, Juan Carlos Benavente-Marín⁶, Idoia Labayen^{2,7}, Augusto G. Zapico^{8,20}, Jesús Sánchez-Gómez⁹, Fabio Jiménez-Zazo¹⁰, Pedro E. Alcaraz^{11,12}, Marta Sevilla-Sánchez¹³, Estefanía Herrera-Ramos¹⁴, Helmut Schröder^{18,21}, Josep A. Tur^{1,2,3,*} and Cristina Bouzas^{1,2,3}

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Article

Parents' Diet Quality and Physical Activity Are Associated with Lifestyle in Spanish Children and Adolescents: The

METHODOLOGY

Validity, reliability, and physical activity (PASOS) at population level

Helmut Schröder^{1,2*}, Idoia Labayen^{6,18}, Susana Aznar^{10,11}, Pedro Josep A. Tur^{6,18}, Marta Segura²¹, F. Javier Barón-López^{5,6}, Elena Marín-Cascales¹², María del Mar Bibiloni^{6,18}



Article Screen Time and Poor Adherence to Physical Activity Guidelines in Children and Adolescents

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POPULATION STUDY ARTICLE

Lifestyle behaviors clusters in a nationwide sample of Spanish children and adolescents: PASOS study

Augusto G. Zapico^{1,2,20}, Raquel Aparicio-Ugarriza^{1,3}, Carlos Quesada-González^{1,4}, Santiago Felipe Gómez^{5,6,7,8}, Julia Wärnberg^{3,9}, María Medrano¹⁰, Narcís Gusi¹¹, Susana Aznar^{12,13}, Elena Marín-Cascales^{14,15}, Miguel A. González-Valeiro¹⁶, Lluís Serra-Majem^{3,17,18}, Susana Pulgar¹⁹, Josep A. Tur^{3,20}, Marta Segura²¹, Montserrat Fito^{3,7}, Clara Homs^{5,22}, Juan Carlos Benavente-Marín⁹, Jesús Sánchez-Gómez¹¹, Fabio Jiménez-Zazo¹², Pedro E. Alcaraz^{14,15}, Marta Sevilla-Sánchez¹⁵, Estefanía Herrera-Ramos¹⁷, Cristina Bouzas^{3,20}, Clara Sistac²¹, Helmut Schröder^{6,7}, Eva Gesteiro¹ and Marcela González-Gross^{1,3}

Associations between Lifestyle Behaviors and Physical Activity in Spanish Children and Adolescents

María del Mar Bibiloni⁶, Maddi Osés-Rcalde⁶, Elena Marín-Cascales¹², Marta Segura¹⁶, Camille Lassale^{2,18}, Clàudia Pulgar¹⁵, Augusto G. Zapico^{7,20}, Jesús Sánchez-Gómez⁸, Fabio Jiménez-Zazo⁹, Pedro E. Alcaraz^{10,11}, Marta Sevilla-Sánchez¹², Estefanía Herrera-Ramos¹³, Susana Pulgar¹⁵, Clara Sistac¹⁶, Helmut Schröder^{17,18}, Cristina Bouzas^{1,2} and Josep A. Tur^{1,2,*}

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Munar^{1,2,3}, Santiago F. Gómez^{4,5}, Julia Wärnberg^{2,6}, Narcís Gusi⁹, Susana Aznar¹⁰, Lluís Serra-Majem^{2,14,15}, Susana Pulgar¹⁶, Juan Carlos Benavente-Marín⁶, Idoia Labayen^{2,7}, Fabio Jiménez-Zazo¹⁰, Pedro E. Alcaraz^{11,12}, Helmut Schröder^{18,21}, Josep A. Tur^{1,2,3,*}

Marcela González-Gross^{2,10}, Narcís Gusi¹¹, Miguel A. González-Valeiro¹⁶, Nicolás Terrados^{17,18}, Juan Carlos Benavente-Marín^{2,9}, Fabio Jiménez-Zazo¹², Clàudia Pulgar-Muñoz^{17,18} and Lluís Serra-Majem^{1,2,24,*}
 Montserrat Fito¹⁹, Montserrat Gusi¹⁹, Estefanía Herrera-Ramos¹⁷, Estefanía Herrera-Ramos¹⁷

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METHODOLOGY

Validity, reliability, and
 physical activity

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Pediatric Research

POPULATION STUDY ARTICLE

PLOS ONE

RESEARCH ARTICLE

Walkability and socio-economic status in relation to walking, playing and sports practice in a representative Spanish sample of youth: The PASOS study

Susana Aznar^{1,2*}, Fabio Jimenez-Zazo¹, Cristina Romero-Blanco³, Santiago F. Gómez^{4,5,6,7,8}, Clara Homs^{4,9}, Julia Wärnberg^{10,11}, Maria Medrano¹², Narcis Gusi¹³, Marcela Gonzalez-Gross^{11,14}, Elena Marin-Cascales^{15,16}, Miguel Ángel González-Valeiro¹⁷, Lluís Serra-Majem^{11,18,19}, Nicolás Terrados²⁰, Josep A. Tur^{11,21}, Marta Segú²², Camille Lassale⁶, Antoni Colom-Fernández^{10,11}, Idoia Labayen¹², Jesús Sánchez-Gómez¹³, Pedro Emilio Alcaraz^{15,16}, Marta Sevilla-Sánchez¹⁷, Augusto G. Zapico^{14,23}, Estefanía Herrera-Ramos¹⁸, Susana Pulgar¹⁸, Maria del Mar Bibiloni^{11,21}, Clara Sistac²², Helmut Schröder^{6,8}, Javier Molina-García^{24,25}

in a nationwide sample of Spanish
 PASOS study

Quesada-González^{1,4}, Santiago Felipe Gómez^{5,6,7,8}, Julia Wärnberg^{3,9},
 rín-Cascales^{14,15}, Miguel A. González-Valeiro¹⁶, Lluís Serra-Majem^{3,17,18},
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 esteiro¹ and Marcela González-Gross^{1,3}

Susana Pulgar-Muñoz¹⁷, Cristina Bouzas, PhD^{5,18}, Raimon Milà, PhD², Helmut Schröder, PhD^{20,23,*},
 Gómez, PhD^{1,20,23,24,*}

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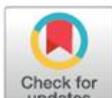
Jiménez-Zazo⁹, Pedro E. Alcaraz^{10,11},
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Article Parents' Diet Quality and Physical Activity Are Associated with Lifestyle in Spanish Children and Adolescents: The

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NCD Risk Factor Collaboration (NCD-RisC)*

Received: 27 May 2022

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Optimal growth and development in childhood and adolescence is crucial for lifelong health and well-being¹⁻⁶. Here we used data from 2,325 population-based studies, with measurements of height and weight from 71 million participants, to report the height and body-mass index (BMI) of children and adolescents aged 5–19 years on the basis

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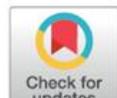
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Heterogeneous contributions of change in population distribution of body mass index to change in obesity and underweight

NCD Risk Factor Collaboration (NCD-RisC)*

Abstract From 1985 to 2016, the prevalence of underweight decreased, and that of obesity and severe obesity increased, in most regions, with significant variation in the magnitude of these



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Height and body-mass index trajectories of school-aged children and adolescents from 1985 to 2019 in 200 countries and territories: a pooled analysis of 2181 population-based studies with 65 million participants



Heterogeneity in the population distribution of body mass index to change in obesity and underweight

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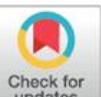
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Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults

NCD Risk Factor Collaboration (NCD-RisC)*

Summary

Background Underweight and obesity are associated with adverse health outcomes throughout the life course. We estimated the individual and combined prevalence of underweight and obesity and their changes from 1990 to 2022 in 200 countries and territories, and in 5 million participants in 200 countries and territories.

Jesús Sánchez-Gómez^{1,2}, Pedro Pablo Arias³, G. Zapico^{14,23}, Estefanía Herrera-Ramos¹⁸, S Clara Sistac²², Helmut Schröder^{6,8}, Javier M...

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Lancet 2024; 403: 1027-50

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Schröder et al. *BMC Medicine* (2024) 22:509
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Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults

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RESEARCH

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Twenty-year trend in the prevalence of increased cardiometabolic risk, measured by abdominal obesity, among Spanish children and adolescents across body mass index categories

Helmut Schröder^{1,2*}, Charlotte Juton³, Michael I. Goran⁴, Julia Wärnberg^{5,6}, Maddi Osés⁷, Marcela Gonzalez-Gross^{6,8}, Narcis Gusi⁹, Susana Aznar¹⁰, Elena Marín-Cascales^{11,12}, Miguel González-Valeiro¹³, Estefanía Herrera-Ramos¹⁴, Nicolás Terrados¹⁵, Josep A. Tur^{6,16,17}, Marta Segú¹⁸, Montserrat Fitó^{2,6}, Lourdes Ribas-Barba^{6,14}, Inmaculada Bautista-Castaño^{6,14}, Luis Peña-Quintana^{6,14,19}, Paula Berrueto^{20,21}, Juan Carlos Benavente-Marín⁵, Idoia Labayen^{6,7}, Augusto G. Zapico⁸, Jesús Sánchez-Gómez⁹, Fabio Jiménez-Zazo¹⁰, Pedro E. Alcaraz^{11,12}, Marta Sevilla-Sánchez¹³, Susana Pulgar¹⁵, Cristina Bouzas^{6,16,17}, Lluís Serra-Majem^{6,14,19†} and Santiago F. Gómez^{1,2,20,22†}

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Pediatric Obesity in Spain: From 2000 to 2019 – Comparison of Two Nationwide Representative Studies

Obesity Facts
The European Journal of Obesity

Pediatric Obesity in Spain: From 2000 to 2019

The European Journal of Obesity



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Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of representative studies with adolescents, and adults

NCD Risk Factor Collaboration (NCD-RisC)*

Summary

Background Underweight and obesity are associated with adverse health outcomes. We estimated the individual and population-level prevalence of underweight and obesity from 1990 to 2022.

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Jesús Sánchez-Gómez^{1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18,19,20,21,22}, G. Zapico^{14,23}, Estefanía Herrera-Ramos¹⁰, S. Clara Sistac²², Helmut Schröder^{6,8}, Javier M...

Santiago Felipe Gómez^{a,b,c,d}, Paula Berrueto^{a,e}, Silvia Torres^{a,f}, Julia Wärnberg^{g,h}, Maddi Osésⁱ, Marcela Gonzalez-Gross^{h,j}, Narcis Gusi^k, Susana Aznar^l, Elena Marín-Cascales^{m,n}, Miguel González-Valeiro^o, Inmaculada Bautista-Castaño^{h,p}, Luis Peña-Quintana^{h,p,q}, Nicolás Terrados^r, Josep A. Tur^{h,s,t}, Marta Segú^u, Montse Fitó^{c,h}, Lourdes Ribas-Barba^{h,p}, Genís Segú^{a,v}, Juan Carlos Benavente-Marín^g, Idoia Labayen^{h,i}, Augusto G. Zapico^{i,w}, Jesús Sánchez-Gómez^k, Fabio Jiménez-Zazo^l, Pedro Emilio Alcaraz^{m,n}, Marta Sevilla-Sanchez^o, Estefanía Herrera-Ramos^p, Susana Pulgar^r, Cristina Bouzas^{h,s,t}, Lluís Serra-Majem^{h,p,q} and Helmut Schröder^{b,c}

Abst
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Lluís Serra-Majem^{6,14,19†} and Santiago F. Gómez^{1,2,20,22†}

Prevalence of underweight and obesity, and the risk, measured by the body mass index

g^{5,6}, Maddi Osés⁷, Cascales^{11,12}, Miguel González-Valeiro¹³, Segú¹⁸, Montserrat Fitó^{2,6}, Quintana^{6,14,19}, Paula Berrueto^{20,21}, Jesús Sánchez-Gómez⁹, Susana Pulgar¹⁵, Cristina Bouzas^{6,16,17},

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Physical Activity, Sedentarism and Obesity of Spanish youth

Resultados principales del estudio PASOS 2019 sobre la actividad física, los estilos de vida y la obesidad de la población española de 8 a 16 años
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and Obesity in Spanish Youth

Informe extenso
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Julio 2023



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ESTUDIO PASOS 2022-2023

Resultados principales de la 2ª edición del estudio PASOS sobre:
- Los estilos de vida y el estado de salud de la población española de 8 a 16 años en 2022-2023.
- Evolución de los estilos de vida y el estado de salud del 2019-2020 al 2022-2023.





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Editorial

**BMJ
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Advertising, obesity and child health: the case of Spain

S F Gómez,^{1,2} Luis Rajmil ³

To cite: Gómez SF, Rajmil L. Advertising, obesity and child health: the case of Spain. *BMJ Paediatrics Open* 2022;6:e001482. doi:10.1136/bmjpo.2022.001482

Childhood and adolescent overweight and obesity represent one of the most important health risks worldwide. Despite the measures adopted to control these conditions, Spain is one of the European and worldwide countries

sedentary behaviours, less physical activity, unbalanced sleep and mood, and unhealthy eating, from the consumption of calorie-dense, nutrient-poor and high in added saturated fat and/or trans fat, sugar, or sodium.

Correspondence

Spain facing the challenge of regulating unhealthy food advertising

In 2022, the Spanish Ministry of Consumer Affairs drafted a Royal Decree to regulate food and beverage advertising aimed at children. This proposal is the first one with legal rank to take into account the nutritional profile of the advertised products, and

Government. However, the Royal Decree has not been contemplated in the Government's Annual Regulatory Plan for 2023, despite the proposal having broad support, being at an advanced stage of processing, and having the mandatory endorsement of the National Markets Competition Commission. The unfavourable reports from some of the ministries who participated in the National Strategic Plan for the Reduction of Childhood Obesity 2022–2030 are impeding the

**Miguel Ángel Royo-Bordonada, Luisa María Capellán, Cristina Junquera-Abaitua, Jesús Vioque López, Santiago Felipe Gómez royo1967@yahoo.es*

National School of Public Health, Institute of Health Carlos III, Ministry of Science and Innovation, Madrid 28029, Spain (MÁR-B); Spanish Confederation of Associations of Parents of Students (CEAPA), Madrid, Spain (LMC); Directorate of Awareness-raising and Children's Policies, UNICEF Foundation Spanish Committee, Madrid, Spain (CJ-A); Spanish Society of Epidemiology, Barcelona, Spain (JVL); Gasol Foundation Europe, Sant Boi de Llobregat, Spain (RRG)

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Physical Activity, Sedentary Behavior and Obesity in Spain

PUBLICIDAD, ALIMENTACIÓN Y DERECHOS DE LA INFANCIA EN ESPAÑA

Informe sobre la exposición a la publicidad de productos de alimentación y bebidas, los hábitos alimentarios y la ingesta de nutrientes de la población infantil y adolescente en España

Nivel socioeconómico y estilos de vida de la población infantil y adolescente en España

Informe basado en datos procedentes del Estudio PASOS 2022-2023
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Nivel socioeconómico

Minuts diaris dedicats a l'ús de pantalles entre setmana



Diferencia

68,6
min. día

Desigualtats SES:

12 dies més a l'any entre setmana

+

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16 dies més a l'any

Estudio PASOS longitudinal 2022 2025

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Evolución del estado ponderal y los estilos de vida de la población de 8 a 16 años en España. Seguimiento de los participantes de la primera edición del estudio PASOS (2019-2020), tras tres años y medio de crecimiento.

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Webs temáticas Sede Electrónica

Salvador Illa anuncia en el Congreso planes de reducción del tabaquismo, contra la obesidad y la elaboración de un Libro Blanco de Transformación Digital del SNS

OBESIDAD INFANTIL

La obesidad infantil es otra de las líneas prioritarias destacadas por Illa. Uno de cada tres menores de edad en España está por encima de un peso saludable. El ministro ha anunciado un Plan Contra la Obesidad Infantil integral, intersectorial y con un enfoque de equidad.

Para ello, Illa propone la creación de un grupo interministerial contra la obesidad infantil que trabajará en la limitación de la publicidad de alimentos y bebidas poco saludables dirigidas a niños, niñas y adolescentes; se

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Oct 2021: Reunión Gasol Foundation con Presidente del Gobierno y Ministra de Sanidad



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REPORT OF THE COMMISSION ON

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INFANTIL



+

GASOL
FOUNDATION

+

1 Feb 2020: Enviament a President del Govern i consell de ministres



27 feb 2020: Salvador Illa, Ministre Sanitat anuncia necessitat Pla



Oct 2021: Reunión Gasol Foundation con Presidente del Gobierno y Ministra de Sanidad

Oct 2021

Jun 2022



4 taules de negociació:

Institucional

Entitats socials

Societats científiques

Associacions, federacions empresaris

Incidència pública i política en l'àmbit nacional

ESTUDIO PASOS 2019

Physical Activity, Sedentarism and Obesity of Spanish youth

Resultados principales del estudio PASOS 2019 sobre la actividad física, los estilos de vida y la obesidad de la población española de 8 a 16 años
Gasol Foundation / Nov. 2019



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Jun 2022



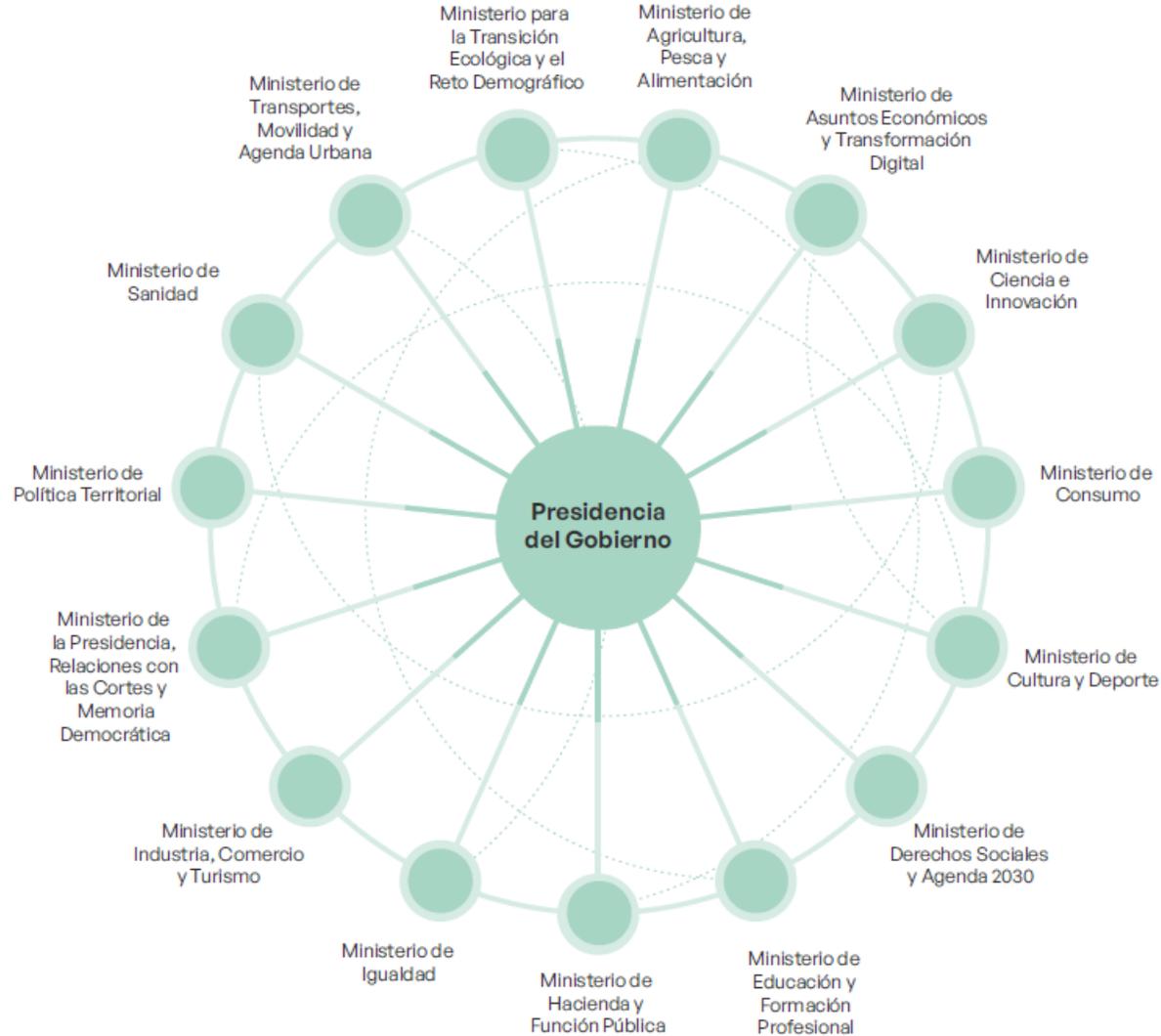
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4 taules de negociació:
Institucional
Entitats socials
Societats científiques
Associacions, federacions empresaris





**15 ministeris
(actualment 18)**

+

FEMP – RECS

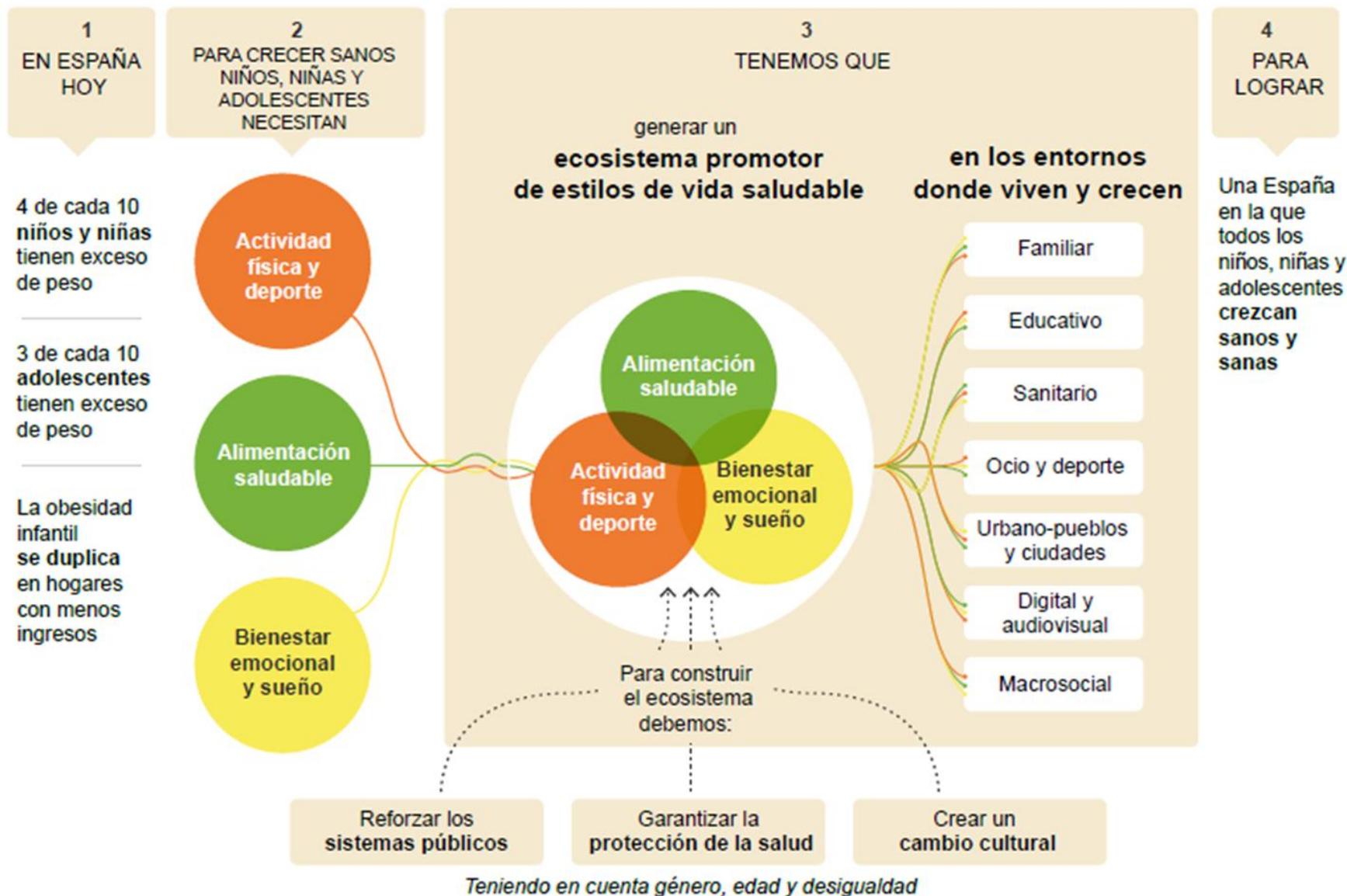
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AC Pobreza Infantil

**EN
PLAN
BIEN**



Incidència pública i política en l'àmbit nacional



EN PLAN BIEN





Incidència pública i política en l'àmbit nacional

- ✓ Dotació de **pressupost**. Prioritat en pressupost general de l'estat.
- ✓ Constituïts per reial decret els **mecanismes de govern**:
 - Comitè interministerial del pla:
 - Comitè polític
 - Comitè tècnic
 - Consell assessor.
- ✓ Coordinació amb les **conferències sectorials**:
 - Comunitats Autònomes
 - Municipis.

Aprovació de plans i estratègies nacionals (desenvolupament o implementació):

1. Plan de Acción Estatal para la Implementación de la Garantía Infantil Europea 2022-2030.
2. Estrategia de Promoción de la Salud y Prevención en el Sistema Nacional de Salud.
3. Estrategia de Salud Pública 2022.
4. Estrategias de Salud Mental, Cáncer y Salud Cardiovascular.
5. Plan Estratégico de Salud y Medioambiente 2022-2026.
6. Estrategia para la Nutrición, Actividad Física y Prevención de la Obesidad (NAOS).
7. Estrategia Nacional de Fomento del Deporte contra el Sedentarismo y la Inactividad Física.
8. Estrategia sobre Seguridad Alimentaria y Nutrición.
9. Plan de Salud Mental en el Entorno Educativo.
10. Estrategia Nacional de Derechos de la infancia y de la Adolescencia, la Agenda Urbana Española.
11. Estrategia de Movilidad Segura, Sostenible y Conectada 2030.

EN
PLAN
BIEN



- ✓ Aprovació de reials decret com:
 - Menjadors escolars (315/2025, de 15 abril).



BOLETÍN OFICIAL DEL ESTADO



Núm. 92

Miércoles 16 de abril de 2025

Sec. I. Pág. 53014

I. DISPOSICIONES GENERALES

MINISTERIO DE LA PRESIDENCIA, JUSTICIA Y RELACIONES CON LAS CORTES

7659 *Real Decreto 315/2025, de 15 de abril, por el que se establecen normas de desarrollo de la Ley 17/2011, de 5 de julio, de seguridad alimentaria y nutrición, para el fomento de una alimentación saludable y sostenible en centros educativos.*

I

El artículo 43 de la Constitución Española encomienda a los poderes públicos organizar y tutelar la salud pública a través de medidas preventivas y de las prestaciones y servicios necesarios y fomentar la educación sanitaria, la educación física y el deporte.

La malnutrición en todas sus formas afecta en la actualidad a todos los países y su abordaje con un carácter global es imprescindible para alcanzar el Objetivo de Desarrollo Sostenible 2 «Hambre cero» contemplado en la Agenda 2030 para el Desarrollo Sostenible de la Organización de las Naciones Unidas.

WORLD
OBESITY





Policy & Prevention Committee

- Alafia Samuels, Jamaica
- Amos Laar, Ghana
- Angela Carriedo, Mexico/UK
- Bai Li, China/UK
- Camila Corvalan, Chile
- Collin Tukuitonga, New Zealand
- Geeta Appannah, Malaysia
- Jane Battersby, South Africa
- Kent Buse (Chair), United Kingdom
- Mary L'Abbe, Canada
- Mychelle Farmer, USA
- Oscar Cabrera, Venezuela/USA
- Patty Nece, USA
- Santi Gómez, Spain
- Shifalika Goenka, India
- Simon Barquera (Co-chair), Mexico
- Sirinya Phulkerd, Thailand

World Obesity's Policy & Prevention Committee was set up to manage and develop the policy and advocacy work of World Obesity.

Policy & Prevention is a global network of experts working to alert the world to the growing health crisis caused by soaring levels of obesity. It works with the WHO, other NGOs and stakeholders to address this challenge.

**WORLD
OBESITY**

**END
WEIGHT
STIGMA**



**WORLD
OBESITY**

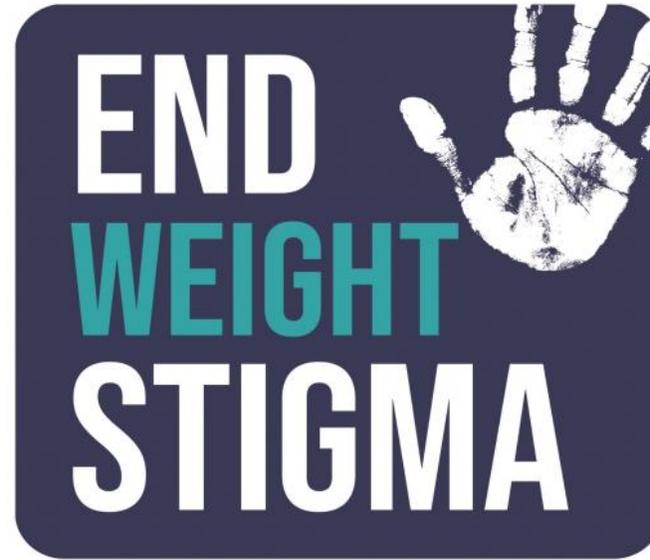
**END
WEIGHT
STIGMA**



For Half of Humanity: Four billion reasons we need action on obesity



WORLD
OBESITY



END
WEIGHT
STIGMA

The role of physical activity in the prevention and management of obesity: A **Position statement** from the World Obesity Federation

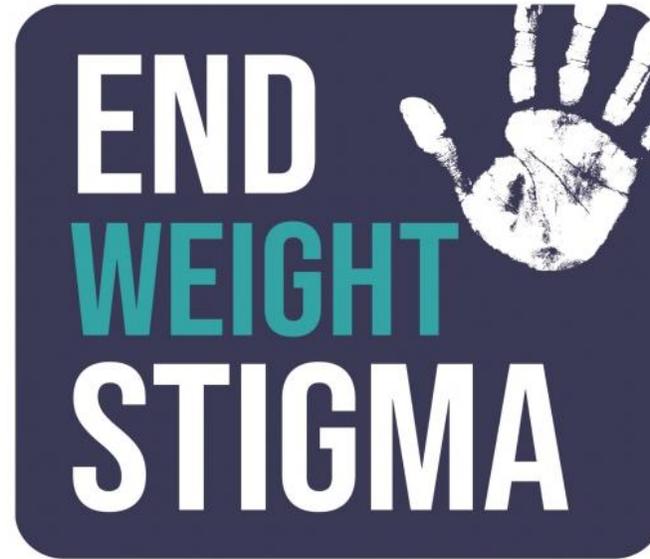


obesityreviews

~~Eight~~
For Half of Humanity: ~~Four~~ billion reasons we need action on obesity



WORLD
OBESITY



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STIGMA

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obesityreviews

~~Eight~~

For Half of Humanity: ~~Four~~ billion reasons we need action on obesity

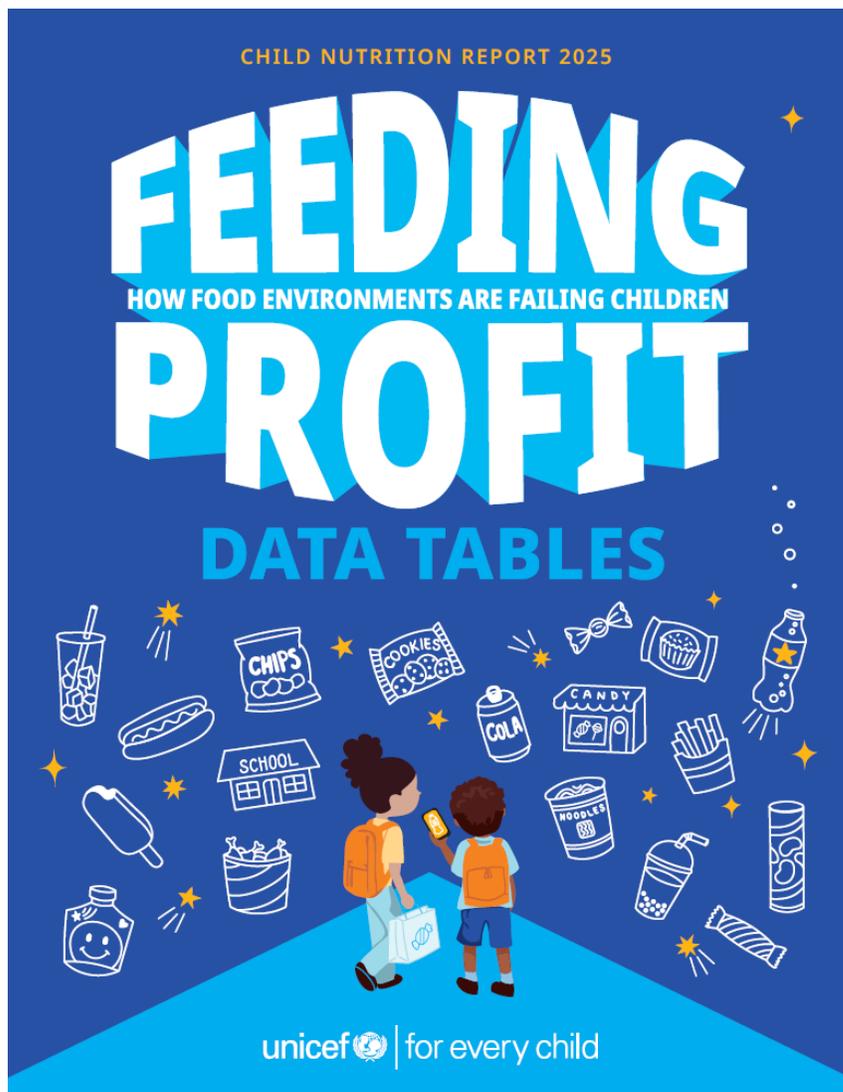




**World Health
Organization**







ACKNOWLEDGEMENTS

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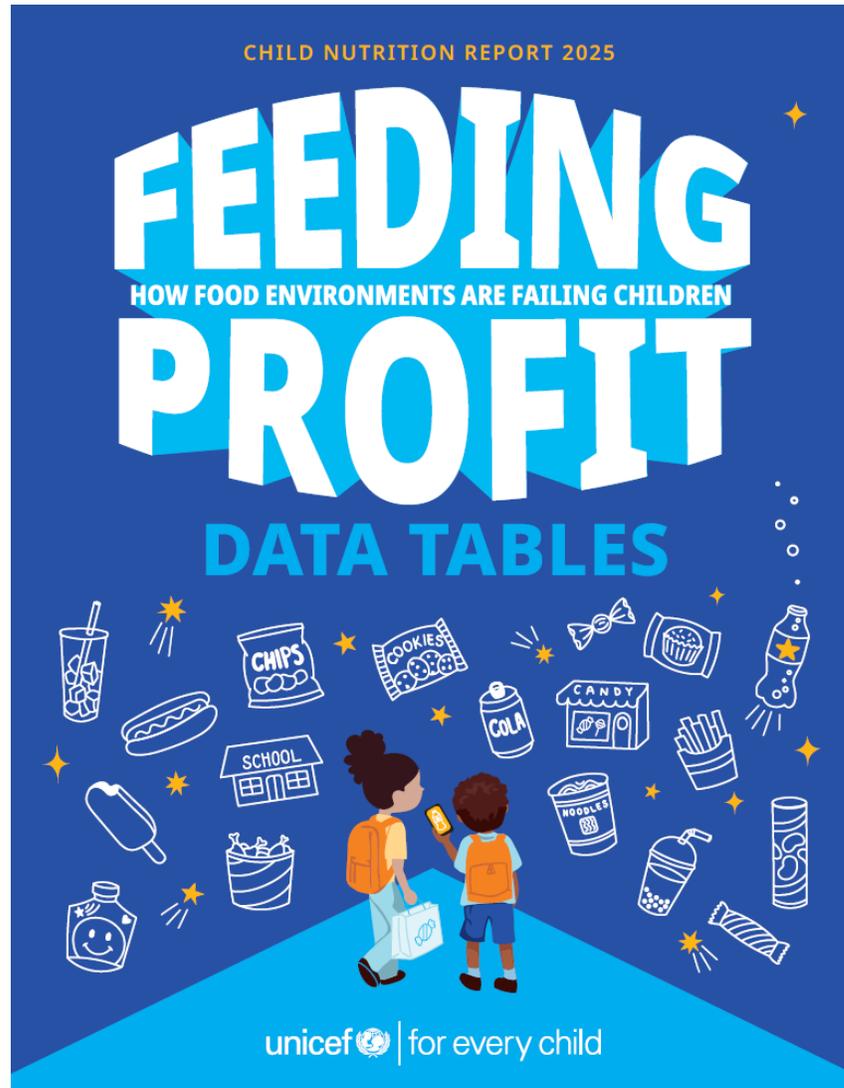
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Ty Beal, Global Alliance for Improved Nutrition, and Anna Herforth, Wageningen University & Research, for providing technical inputs on dietary assessment in adolescents aged 15–19 years.





23 Sept
2025

Global Obesity Forum "For Half of Humanity: Four Billion Reasons We Need Urgent Action on Obesity"

Pau as a central guest in the fireside chat alongside youth advocates from Jamaica and Fiji.



Sponsors: World Obesity Foundation, WHO, UNICEF

24 Sept
2025

The global response to obesity: accelerating progress towards the 2030 sustainable development targets

Pau Gasol closed the event urging global leaders to take urgent, coordinated action to build healthy, equitable environments.



Sponsors: WHO, Ministry of Health, Bloomberg Philanthropies, UNICEF

25 Sept
2025

High-Level Meeting on the Prevention and Control of NCDs and the Promotion of Mental Health

Attendance of Pau Gasol and Gasol Foundation team



Sponsors: UN (United Nations)



LA SALUDABLE

Jornada familiar



PL4NETS

ACTÍVATE



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Importància
d'assolir **enfocs**
metodològics
holístics

Estudis observacionals: Necessitem ampliar l'evidència científica sobre els determinants de l'obesitat

Received: 8 October 2021 | Accepted: 11 October 2021

DOI: 10.1111/obr.13381

SUPPLEMENT ARTICLE

OBESITY
Reviews

WILEY

Mediterranean diet and adiposity in children and adolescents: A systematic review

Camille Lassale^{1,2,3} | Montserrat Fitó^{1,2} | María Morales-Suárez-Varela^{4,5} |
Andrés Moya^{5,6,7} | Santiago F. Gómez^{8,9} | Helmut Schröder^{1,5}

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⁸Gasol Foundation, Sant Boi de Llobregat, Spain

⁹GREpS, Health Education Research Group, Nursing and Physiotherapy Department, University of Lleida, Lleida, Spain

Estudis observacionals: Necessitem ampliar l'evidència científica sobre els determinants de l'obesitat



European Society
for Paediatric Research



Society for
Pediatric Research

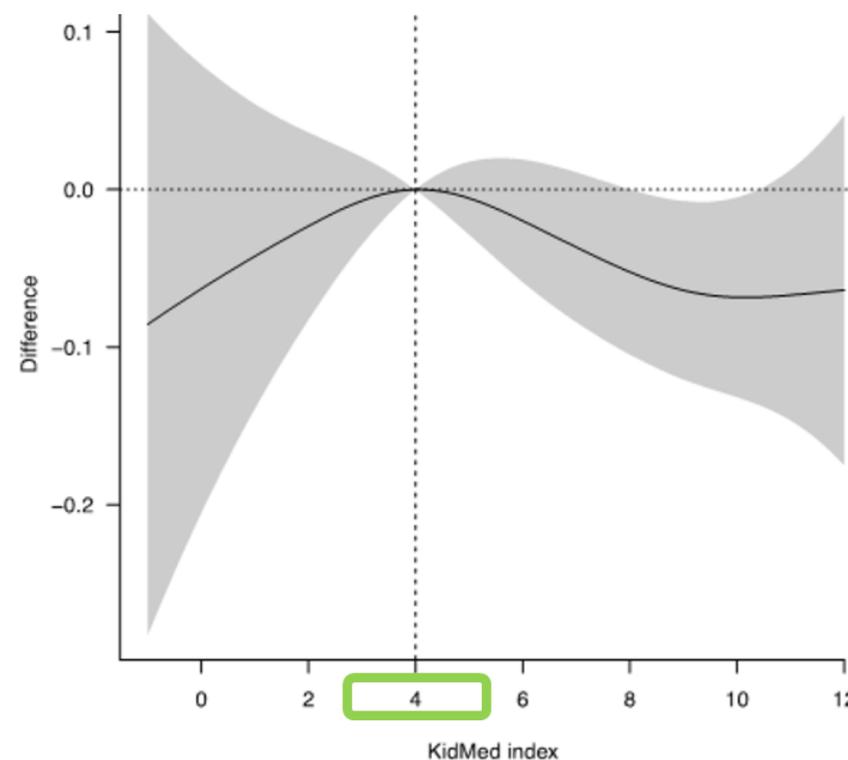
www.nature.com/pr

POPULATION STUDY ARTICLE

Check for updates

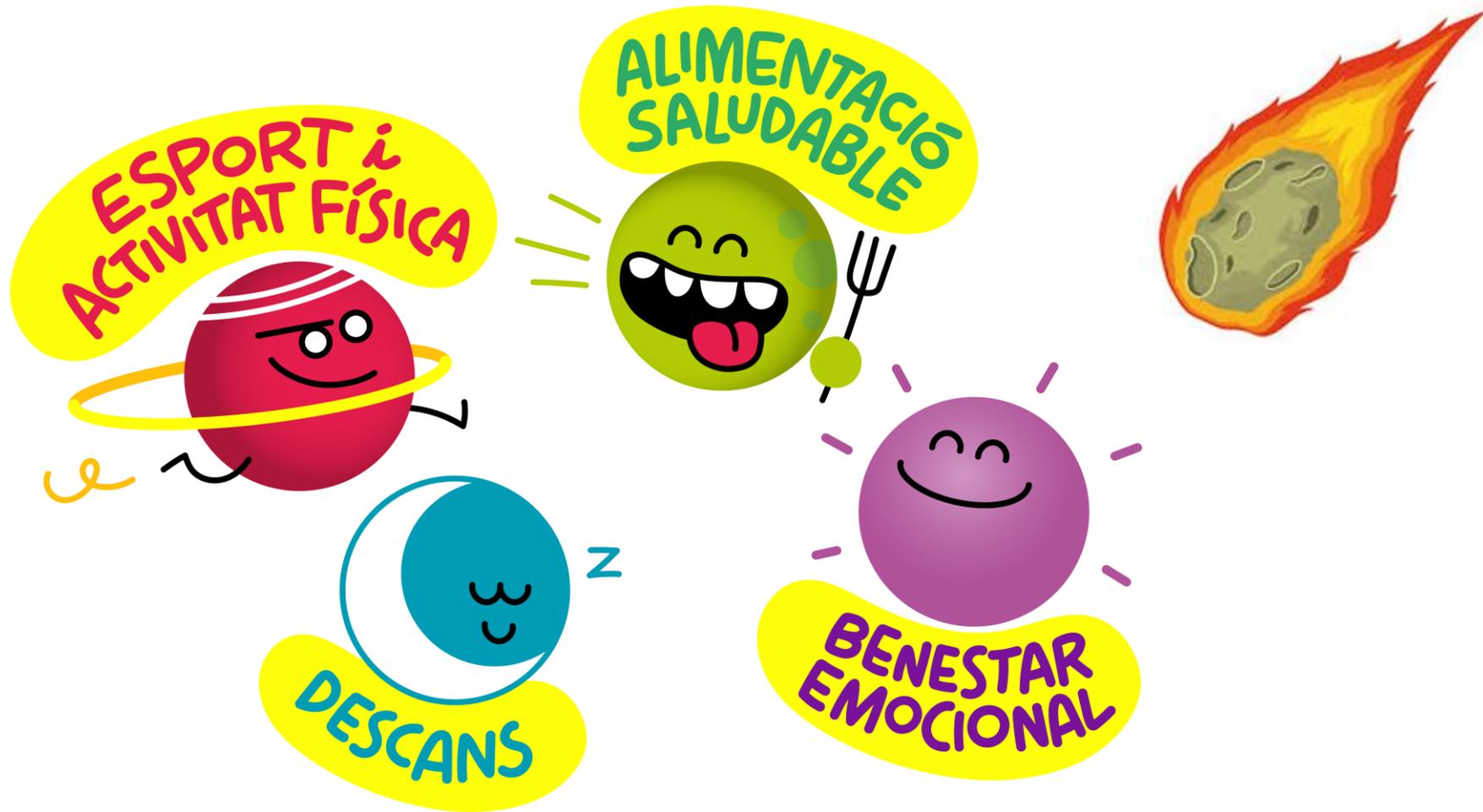
Adherence to the Mediterranean diet and changes in body mass index

Clara Homs^{1,2}, Paula Berrueto^{1,3}, Genís Según^{1,4}, Silvia Torres^{1,5}, Mar Ribera¹, Albert Saurí¹, Julen Tejada¹, Jan Ródenas¹, Charlotte Juton⁶, Raimon Milà⁷, Montserrat Fito^{7,8}, Santiago F. Gómez^{1,7,9,10,11} and Helmut Schröder^{7,10,11}

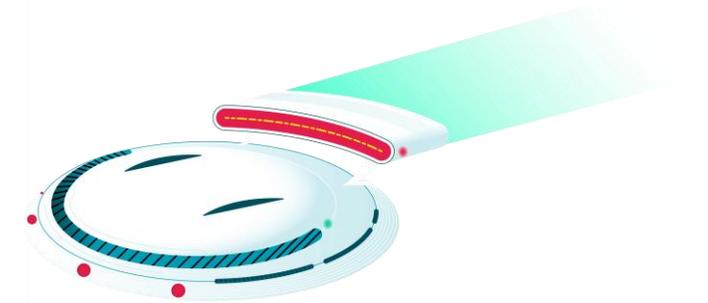
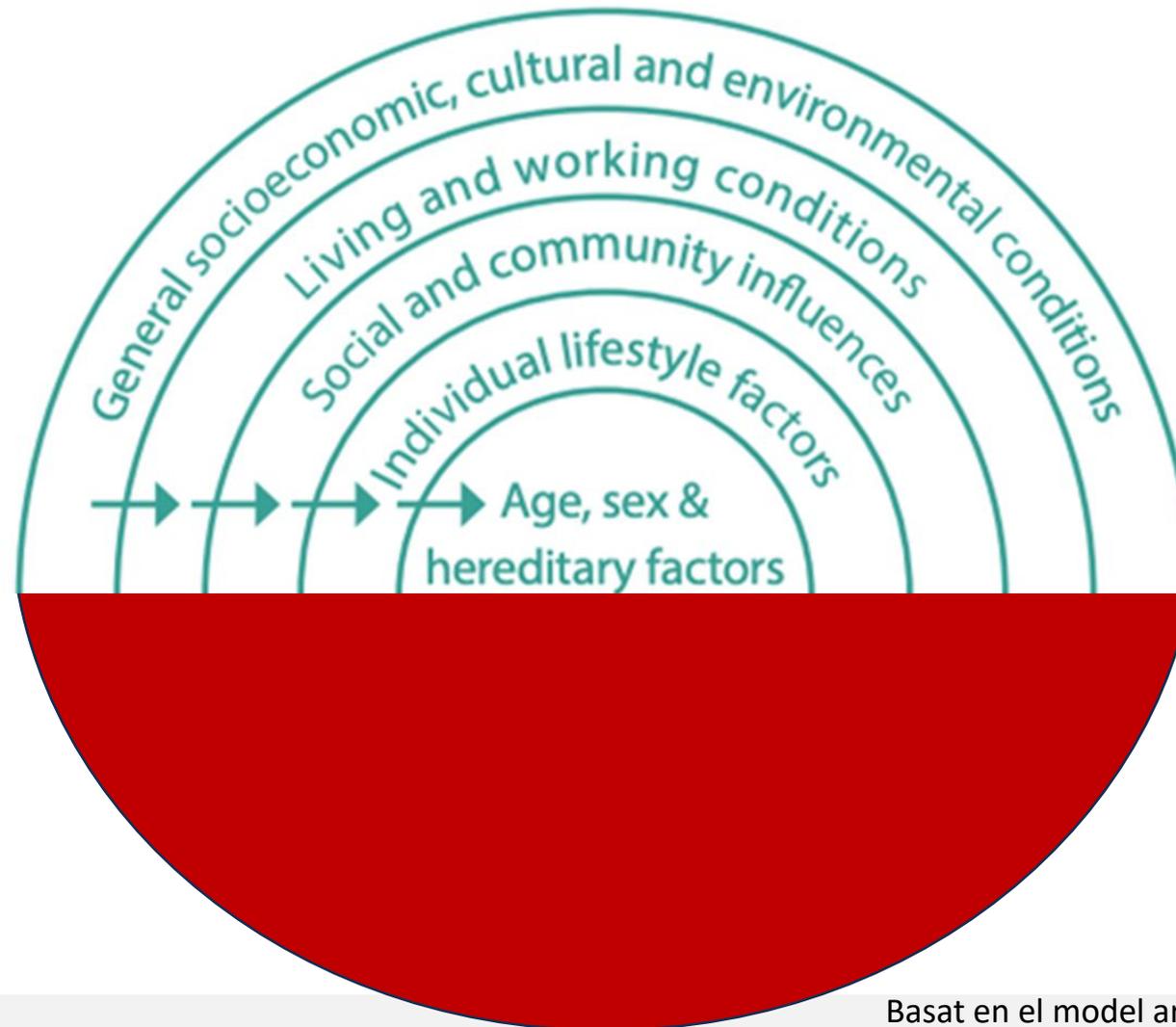


*Adjusted for sex, age, allocation to intervention group, school, maternal education, physical activity, screen time, and zBMI at baseline.

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Necessitat de
canvi estructural,
cultural i sistèmic

Basat en el model arc iris: Dahlgren y Whitehead

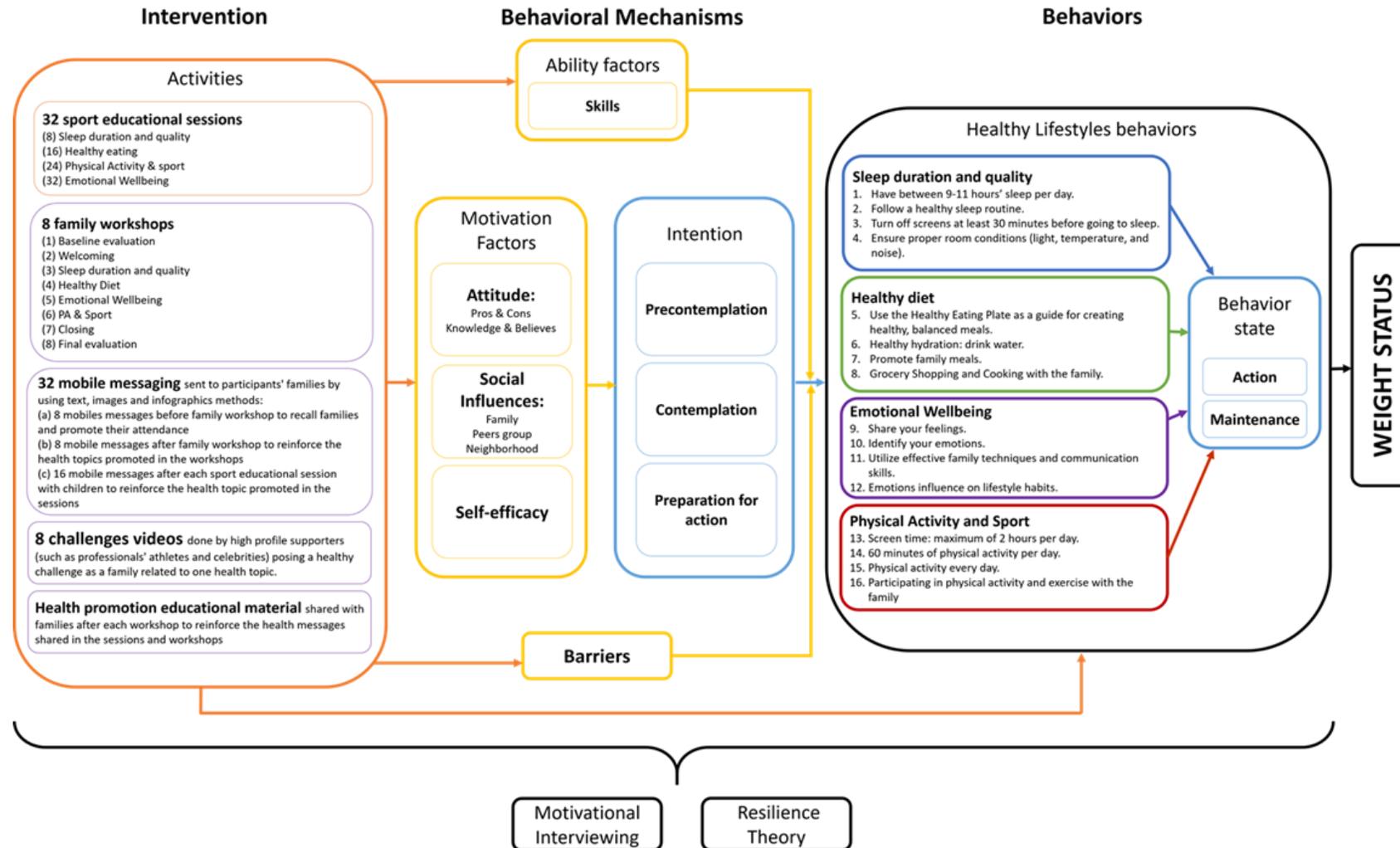
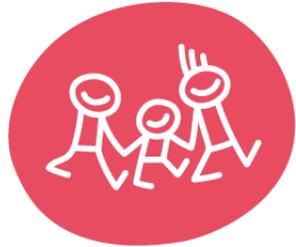
Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



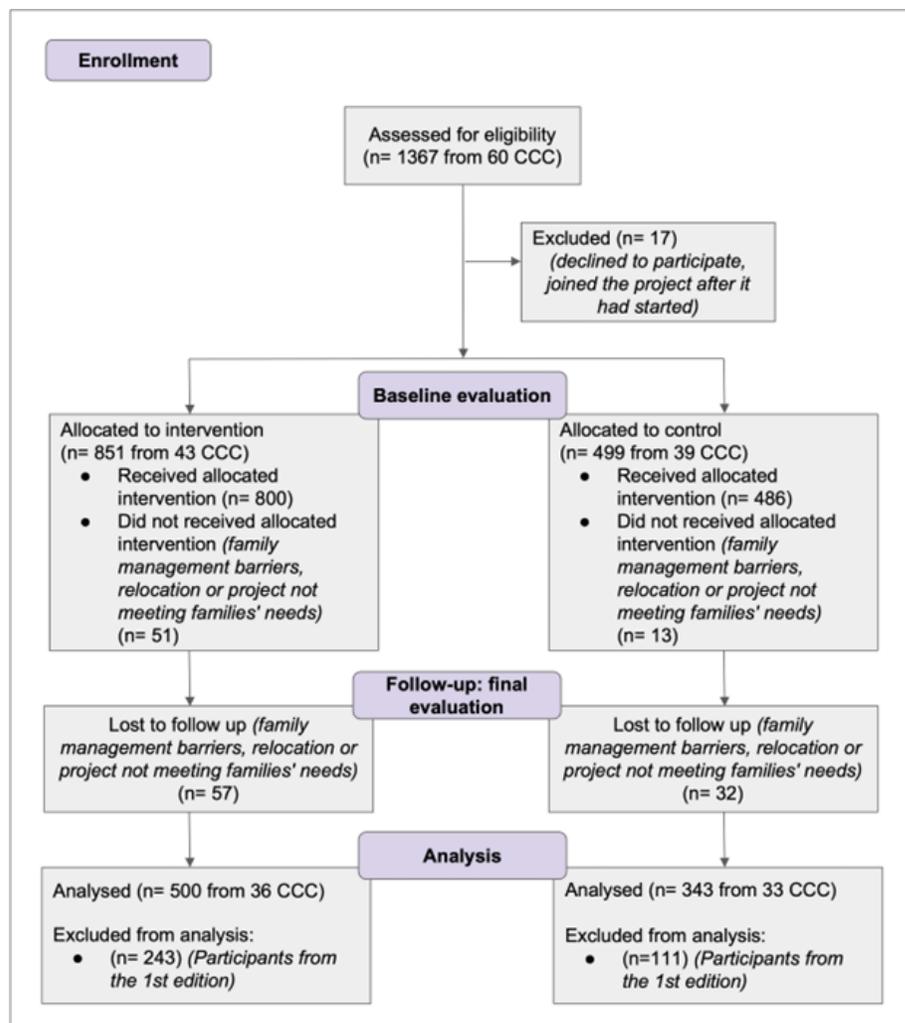
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Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



CCC = Community Child Center

- Non-randomized controlled trial.
- **Participants from 4 consecutive editions.**
- **Variables:**
 - Anthropometrics: weight, height, waist, BMI, zBMI.
 - Lifestyles:
 - ✓ Physical activity – PAU-7S
 - ✓ Diet quality – KIDMED index
 - ✓ Sleep duration – SHSA
 - ✓ Screen time use – SSBQ
 - ✓ Psychological wellbeing – SDQ
 - Socioeconomic:
 - ✓ Parental academic level
 - ✓ Parental labor market status
 - ✓ Household annual income
 - ✓ Annual income by census section where CCC were located.

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

Baseline characteristics of the study population according to intervention or control group

<i>Variables</i>	Intervention		Control		<i>p-value^a</i>
	N	Baseline	N	Baseline	
Girls (%)	781	395 (50.6)	482	244 (50.6)	0.987
Age (years)	690	9.83 ± 1.410	452	9.67 ± 1.491	0.054
Parental SES:					
< than secondary education (%)	640	262 (40.9)	395	159 (40.3)	0.828
Not working/Not employed (%)	638	380 (59.6)	393	241 (61.3)	0.574
< than 10.000€ (%)	636	374 (58.8)	392	231 (58.9)	0.969
CCC SES:					
Mean annual income per person ^b	800	12,176 ± 3,193	486	12,475 ± 3,319	0.110

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

Baseline characteristics of the study population according to intervention or control group

Variables	Intervention		Control		p-value ^a
	N	Baseline	N	Baseline	
Weight status:					
BMI (kg/m ²)	687	20.53 ± 4.86	449	20.27 ± 4.51	0.588
zBMI	686	1.28 ± 1.44	444	1.27 ± 1.47	0.943
WtHR	685	0.502 ± 0.75	447	0.05 ± 0.74	0.407
Healthy weight (%)	686	296 (43.1)	444	178 (40.1)	0.309
Overweight (%)	686	161 (23.5)	444	116 (26.1)	0.311
Obesity (%)	686	154 (22.4)	444	101 (22.7)	0.907
Severe obesity (%)	686	72 (10.5)	444	43 (9.7)	0.660
Abdominal obesity (%)	685	306 (44.7)	447	208 (46.5)	0.539

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

Baseline characteristics of the study population according to intervention or control group

Variables	Intervention		Control		p-value ^a
	N	Baseline	N	Baseline	
Lifestyles:					
MVPA (min/day)	668	82.56 ± 59.53	428	86.11 ± 62.01	0.267
Screen time on weekdays (min/day)	666	167.55 ± 134.14	396	161.14 ± 138.20	0.168
Screen time on weekend (min/day)	666	333.15 ± 171.45	396	327.12 ± 174.33	0.493
Adherence to MedDiet (unit)	668	7.46 ± 2.31	399	7.51 ± 2.31	0.791
Achievement of sleep duration recom on weekdays (%)	665	593 (89.2)	396	349 (88.1)	0.603
Achievement of sleep duration recom on weekends (%)	663	471 (71.0)	395	286 (72.4)	0.634
Emotional, behavioral and social difficulties (unit)	673	13.45 ± 6.40	410	13.41 ± 6.21	0.814

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

Effect of the intervention on anthropometric and lifestyle variables in comparison to the control group

Variables	N	β (95% CI)	<i>p</i> value^a
BMI (kg/m ²)	458	-0.20 (-0.54; 0.13)	0.234
zBMI	455	-0.09 (-0.19; -0.002)	0.045*
WtHR	458	0.002 (-0.005; 0.008)	0.658
MVPA (min/day)	435	13.2 (0.44; 25.9)	0.043*
Screen time on weekdays (min)	425	1.86 (-21.1; 24.8)	0.874
Screen time on weekend (min)	425	-19.7 (-51.5; 12.2)	0.226
Adherence to MedDiet (unit)	426	0.62 (-0.47; 1.72)	0.263
Emotional, behavioral and social difficulties (unit)	440	-0.82 (-1.78; 0.14)	0.096
Variables	N	OR (95% CI)	<i>p</i> value^a
Achievement of sleep duration recom weekdays	421	0.75 (0.32; 1.76)	0.505
Achievement of sleep duration recom weekends	418	1.07 (0.57; 2.01)	0.827

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

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Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics



Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

De la prevenció.....al.....Tratamiento



Municipios



Primera infancia



Entidades deportivas

Proyectos comunitarios



Escuelas de primaria



Entidades sociales

+

Centros de atención primaria

+

Hospital

Interreg Europe



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HR4ALL

Programes de prevenció primària de l'obesitat a través de la promoció d'entorns salutogènics

Municipios



**INCIDENCIA
POLÍTICAS PÚBLICAS LOCALES**

SENSIBILIZACIÓN

**Proyectos
comunitarios**



Primera
infancia



Entidades
deportivas



Escuelas de
primaria



Entidades
sociales

**+ Centros de
atención
primaria
+
Hospital**

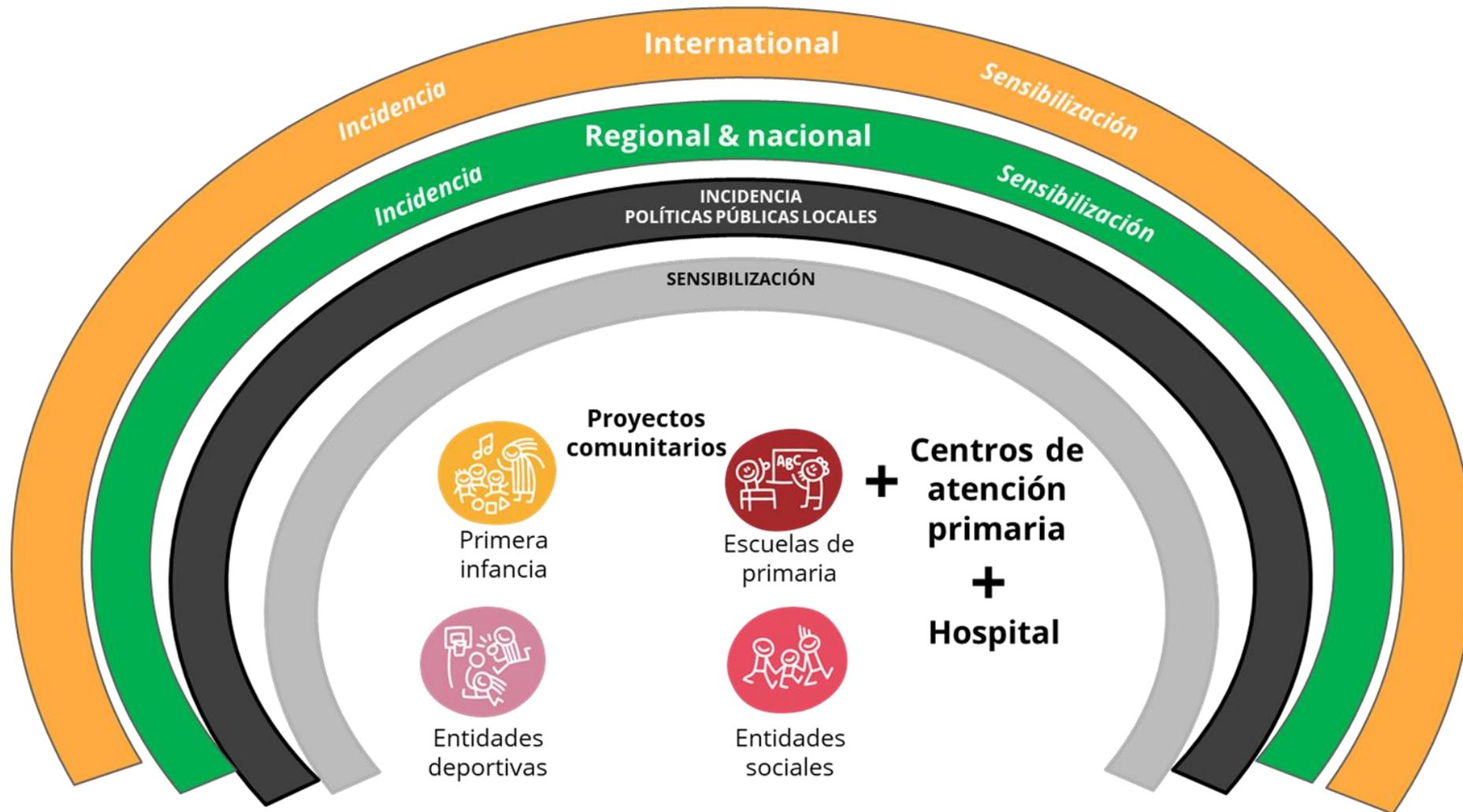
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Moltes gràcies!



sgomez@gasolfoundation.org

