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## Nutritional evaluation of adolescents living in rural and urban areas enrolled in the public school system of Itatiba City in São Paulo State: a comparative study

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### Resumo

Introduction: The number of obese adolescents has increased in recent years which is a risk factor for DNCDs. Eating habits, socioeconomic level and purchasing power are directly proportional and the food consumed in urban and rural areas have differences. Objective: To compare the nutritional status and eating consumption of adolescents, students from urban and rural areas of the public school system the Itatiba City in São Paulo State. Methodology: Weight and height measurements will be taken, the body mass index calculated and the informations will be analyzed by AnthroPlus software; The diet obtained by a 24-hour recall will be analyzed by the IQD proposed by Godoy et al. (2006). Conclusion: Differences that can be found in the comparison of the nutritional status of adolescents of the same age group living in different regions will can contribute for the direction of future interventions and new studies.

### Palavras-chave:

Rural and urban area, Nutritional Evaluation, Food consumption.

### Introdução

The number of overweight adolescents with overweight has increased in recent years (POF, 2002-2003 and 2008-2009; PEDIATRICS BRAZILIAN SOCIETY, 2009). It is known that obesity in this phase of life is a risk factor for obesity in adulthood which is directly related to chronic non-communicable diseases (PEGEGRINI et al., 2010). Food habits, socioeconomic level and purchasing power are directly proportional and in developing countries, foods consumed in the urban and rural zone present differences (BRAZIL, 2013, WOICHIK, 2013). The objective of this study were to compare the nutritional status and food consumption of adolescents, students from urban and rural areas of the public school system the Itatiba City in São Paulo State.

### Resultados e Discussão

The measures of weight and height of the adolescents will be measured and the body mass index calculated by the relation between the weight divided by the square of the height (SISVAN, 2004); The informations analysis according to OMS (2007) will be done using AnthroPlus software. The usual diet of the studied population will be obtained through of the 24-hour recall method and the diet quality index used will be the one proposed by Godoy et al. (2006). The project was approved by Brazil Platform CAE: 68996917.5.0000.5386.

In 2016, public schools in the Itatiba City in São Paulo State answered a socioeconomic questionnaire with the families served and the two schools participating in this study authorized the use of the informations collected. The Rosa Maria Ferrari Belgini School, located in the rural area, attends families with monthly income between one and two minimum wages, 54% use artesian well water, 60% of households have a sewage system and 63% use energy from CPFL; The biggest problem of the neighborhood is the transportation, followed by violence, health, sanitation, unemployment and cost of life. The Teacher Sonia Rita Penteado Aguiar Santos School, located in the urban area, attends families with a monthly middle income of around three minimum wages, 100% of households have a sewage system and use energy from CPFL; The biggest problem in the

neighborhood is violence, followed by the cost of life and unemployment.

### Conclusões

The comparison of the nutritional status of adolescents of the same age group, but living in the different rural and urban regions of the same city, allows differences in the nutritional status that can be observed to contribute to the direction of future interventions and new studies.

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