

ZÖRAC: Apps for the integral management of overweight and obesity in mexican children

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Abstract

Access In Mexico, obesity and overweight (OySP) have become a social epidemic of uncontrollable magnitude, in this context there have been multiple proposals to combat OySP, from invasive clinical models to food policies such as food labeling and calorie reduction in food, and even thus the problem of OySP is increasing, so we devised a virtual page proposal which, through translation of the knowledge of experts in the under study area, we propose the creation of the Pepitometer, which functions as the diffuser instrument of the knowledge of styles of healthy life in this age group, through two parameters scientific awareness of knowledge translation and availability of information, this makes in children behavioral appropriation towards healthy lifestyles through the promotion of these contents in the family nucleus. It is worth mentioning that this page was piloted in a group of 600 children between 6 and 12 years old, of which 74% on admission to the page presented OySP, 6% malnutrition and 20% normal weight, in a period of 3 months 4,000 visits were registered by registered users, the most visited portals, Menu of the week [60%], Physical Activity [20%], Psychological Support [20%] at the end of the cross section After three months, we found 68% of OySP, 12% of malnutrition and 20% of normal weight this in registered users, this shows that the trend remains static, in two dichotomous slopes of the country, OySP and malnutrition, this APPs, is a tool that can be very useful to monitor and combat these global pandemics , which depend on social nutrition



Biography:

Donovan Casas Patino is a doctor, family medicine specialist, Master in Population and Health, Doctor in Collective Health, Postdoctor in Social Anthropology, Postdoctor in Medical Anthropology, Postdoctor in Politics and Health. He is a professor at the Autonomous University of the State of Mexico and the Intercultural University of the State of Mexico. Lines of academic activity: Collective Health



Speaker Publications:

1. “Social Representations of the Diet in Patients with Diabetes Mellitus”, February 2017 Diversity and Equality in Health and Care 14 (2), DOI: 10.21767 / 2049-5471.100092
2. “The Reforms to the Mexican Health Policies: The Case of the Popular Insurance in the Health System in the State of Mexico”, July 2018, Open Journal of Political Science 08(03):239-249, DOI: 10.4236/ojps.2018.83017
3. Criticism of social responsibility, November 2017, Edition: Castellanos editors, Publisher: Education in sustainable development, ISBN: 968-5573-48-9
4. Institutional medicine and the practice of medical professionals, a critical reading from Collective Health, December 2016, Entreciencias dialogues in the Knowledge Society 4 (11), DOI: 10.21933 / J.EDSC.2016.11.187
5. The feeding-nutrition connection, three aspects for its understanding, April 2016, Medwave 16(02):e6424-e6424, DOI: 10.5867/medwave.2016.02.6424

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