

Nutritional status, food consumption and physical activity in female school children of different socioeconomic levels from Santiago, Chile Estado

nutricional, consumo de alimentos y actividad física en escolares mujeres de diferente nivel socioeconómico

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Background: A high prevalence of obesity is the main public health problem in Chilean school children. **Aim:** To compare the nutritional status, consumption of selected foods and extracurricular physical activity (PA) habits in school children of different socioeconomic levels as a baseline for developing effective educational interventions. **Material and methods:** Cross-sectional study that determined the body mass index, food consumption and physical activity with previously validated instruments in 202 and 358 girls from 3rd to 8th grade in schools of medium-high and low socioeconomic level (SEL) from Santiago, Chile, respectively. **Results:** Compared to their counterparts of low socioeconomic level (SEL), the prevalence of obesity was significantly lower in 8-9 year-old girls of medium high SEL (19% and 9%, respectively, $p = 0.012$) and 12-13 year-old (12% and 2.5% respectively, $p = 0.008$). Also median daily intake of dairy products was higher in girls of medium high SEL (250 and 470 ml/day