

Relationship between nutritional status, level of physical activity and psychomotor development in preschoolers

Relación entre estado nutricional, nivel de actividad física y desarrollo psicomotor en preescolares

Cappelacci, Marcelo Cano

Alfaro, Tania Oyarzún

Artigas, Fernanda Leyton

Muñoz, Cristóbal Sepúlveda

© 2014, Grupo Aula Medica S.A. All rights reserved. Results: 26% of the children presented with overweight and 52% with obesity. All of them had at least 60 minutes of moderate to vigorous PA (MVPA) during their school-day. 82.6% of the children were in the Normal category for PD and the rest were in the Dispraxia category. A significant inverse relationship was found ($p=0,032$) between z-IMC and PD. Conclusion: The percentage of obese children is notably above international average values and national surveys. 17.4% of children show dispraxia at the psychomotor assessment. Children with higher z-IMC have a lower score in Da Fonseca battery, which could be due to a higher weight in relation to size, and generating a lower PD in the long term. No relationships were detected within the other variables. Methods: Pilot, non-experimental, transversal correlational study, including 23 preschoolers aged 5. We assessed three values: nutritional status with score z-IMC, PA with Actigraphy and PD