

Evolution of the nutritional status of six years old Chilean children (1987-2003)

Evolución del estado nutricional de escolares Chilenos de 6 años (1987- 2003)

Kain B, Juliana

Uauy D, Ricardo

Lera M, Lydia

Taibo G, Marcela

Espejo, Francisco

Albala B, Cecilia

Background: As a consequence of the epidemiological transition in Chile, the nutritional status of the population has changed notoriously. **Aim:** To study the changes in the nutritional status of six years-old Chilean children from 1987 to 2003. **Material and Methods:** The computer data base of a government institution in charge of the School Lunch Program (JUNAEB) was used. It contains data on weight, height, sex and date of birth of six years old children, in the years 1987, 1990, 1993, 1996, 2000, 2001, 2002 and 2003. **Results:** The data of approximately 80,000 children was analyzed. Both weight and height increased over the study years. There was a significant reduction in the number of children with weight deficit but also an increase in the proportion of children with obesity. Stunting was also reduced. The proportion of children with HAZ over 2 SD increased from 0.76 in 1987 to 2.2% in 2003. The prevalence of obesity has not increased since the year 2000.

Conclusion: The stabilization