

# Impact of a national treatment program in overweight adults women in primary care centers Impacto de un programa nacional de tratamiento en mujeres adultas con exceso de peso en centros de atención primaria

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**Background:** Chile has a high prevalence of overweight and obesity and is important to implement and evaluate treatment and control strategies that are effective. **Objectives:** To evaluate changes in nutritional status and fasting glucose in overweight women, pre-diabetic and/or pre-hypertension in primary care centers of public health sector. **Material and methods:** A retrospective cohort of the universe of women admitted to the program in the participating primary care centers for 18 months was studied. Intervention includes consultations and workshops with doctors, nutritionists, psychologists and physical therapists for 4 months, in primary health center, promoting healthy eating and increased physical activity, not using drugs. **Analysis of causes of admission, dropout, participation in scheduled activities and changes in baseline nutritional status and fasting glucose after 4 months of intervention.** **Results:** 1,528 women 18 to 65 years old, with initial BMI between 25 and 40 were studied