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Keywords

Health promotion, Type 2 diabetes, Active life styles, Elderly.

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Prevalence of childhood obesity

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Background

The prevalence of obesity in children and adolescents has been increasing worldwide [1, 2], having impact on children's physical, psychological and social well-being [3, 4].

Objective

To identify the prevalence of childhood obesity worldwide.

Methods

A systematic review of the literature began with the question: "What is the prevalence of childhood obesity worldwide?" The research was carried out on the EBSCO host, Google Scholar and B-On, on the scientific databases Medline/Pubmed, LILACS, CINAHL, Nursing & Allied Health Collection, Cochrane Plus Collection, MedicLatina and SciELO. The inclusion criteria were: full-text articles, in English, Portuguese or Spanish, published from 2013 to 2017. The Boolean equation used was: (Pediatric Obesity) OR (Overweight) AND (Children) AND (Prevalence). One hundred twenty-two (122) articles were found, of these, 24 were selected after comprehensive reading.

Results

Globally, in 2016, there were 41 million children under 5 years of age who were overweight or obese and 340 million children and adolescents aged 5 to 19 years were overweight/obese [5]. In 2013, in the European region the prevalence of overweight/obese people was 31.6%, with 17.7% corresponding to pre-obesity and 13.9% to childhood obesity [6, 7]. In China, the prevalence of overweight people doubled from 13% in 1986, to 27.7% in 2009. In the United States, 31.8% of children were overweight or obese [8]; in New Zealand, 31.7% were overweight and obese, and 2.5% were severely obese [9]. In Mexico City, 30.8% of adolescents, 24.2% of school-age children, 14.5% of latent and 11.5% of children in preschool age were overweight and obese [2]. In Brazil, 30.59% of the children/adolescents studied were overweight, obese or severely obese [8].

Conclusions

Childhood obesity is one of the Public Health problems worldwide, it becomes urgent to monitor the problem properly and implement preventive measures to reduce this risk.

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Keywords

Prevalence, Pediatric Obesity, Overweight, Children.

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The urgency for a nursing intervention towards sexual education at Cape Verde: university students' perception

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Background

We know today that knowledge about sexuality is essential for young people to live in a society that allows to develop healthy attitudes and behaviours. To that end, health professionals, namely nurses, should be able to Educate for Sexuality in order to contribute for the improvement of affective-sexual relationships among the young; contribute to the reduction of possible negative occurrences resulting from sexual behaviours, such as early pregnancy and sexually transmitted infections (STIs), and contribute to conscious decision-making in the area of health education/sex education [1-4].

Objective

To evaluate young people's knowledge about sexuality.

Methods

A descriptive, cross-sectional study using a questionnaire consisting of questions related to sociodemographic data, and a questionnaire consisting of twenty questions related to the anatomy of the reproductive system, contraceptive methods and sexually transmitted infections was applied. One hundred and eight (108) young people from the Republic of Cape Verde participated in the study. All formal and ethical procedures were taken into account.

Results

The results show that in a sample of 108 university students, 81.5% female, with a mean age of 21.26 years; 1.9% reported having already been forced by a stranger, family member or older person to have sex, and 10.2% reported having had sex after a party, under the influence of alcohol or drugs. As far as knowledge is concerned, it can be said that the level of knowledge of young people regarding the sexual health aspects is satisfactory, safeguarding that the most erroneous questions were those related to: male anatomy (40.7%) and hormonal physiology of women (25.9%). It was found that 32.4% of the university students did not know/did not answer the questions related to female hormonal processes and their functioning when associated with an oral contraceptive.

Conclusions

It is essential to know what young people know about sexuality, so that specific nursing interventions can be designed to meet their sexual education needs.