

**Behavior of overweight, obesity and arterial hypertension in infants of the Volodia kinder garder**

Niurelkis Suárez Castillo<sup>1\*</sup>, Ela María Céspedes Miranda<sup>1</sup>, Kenia María Rodríguez Oropesa<sup>2</sup>, Roger Rodríguez Guzmán<sup>1</sup>

<sup>1</sup>Biomedical Sciences Department, Calixto Garcia Faculty, University of Medical Sciences of Havana.

<sup>2</sup>Dentistry University of Havana.

\*Correspondence: [niurelkis@infomed.sld.cu](mailto:niurelkis@infomed.sld.cu)

**Abstract**

**Introduction:** The increase in childhood obesity is alarming. Persistence in adulthood is the cause of a high rate of morbidity and mortality from cardiovascular diseases.

**Objective:** To characterize the overweight, obese and hypertensive children attending to Volodia kinder garden in Arroyo from January 2011 to June 2014. **Method:** An observational, descriptive, transversal investigation was carried out, where 122 children from 1 to 5 years of age of both sexes (59 women and 63 men). The degree of association of overweight and obesity with other risk factors such as, hypertension, family history, birth weight, time of exclusive breastfeeding, the beginning of complementary feeding and the height waist relation was. **Results:** There was a prevalence of overweight and obesity of 9 % and 7.4 %, respectively. The overweight was associated in a statistically significant way to: the pre hypertensive state ( $p=0.0240$ ) and the waist height index ( $p=0.0346$ ); and obesity to the variables: family history of obesity ( $p=0.0004$ ), high birth weight ( $p=0.000$ ) and waist height index ( $p=0.0228$ ).

**Conclusions:** High prevalence of overweight and obesity in the studied children. Family history of obesity, high birth weight, early weaning predispose infants to obesity, and overweight to pre hypertensive state.

**Keywords:** pediatric obesity, hypertension