

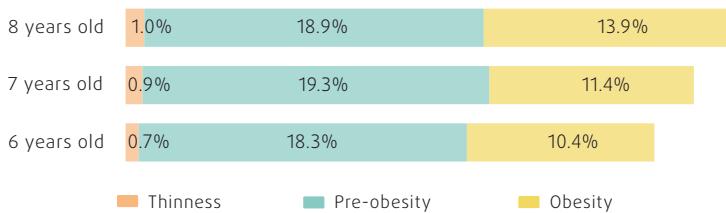


11,7% of the children were obese and 30,7% were overweight (including obesity)

Between 2008 to 2016, a decrease was registered in the prevalence of obesity of 3,6% and overweight of 7,2%

The prevalence of childhood obesity/overweight was higher...

...among 8 years old children,



...among girls,

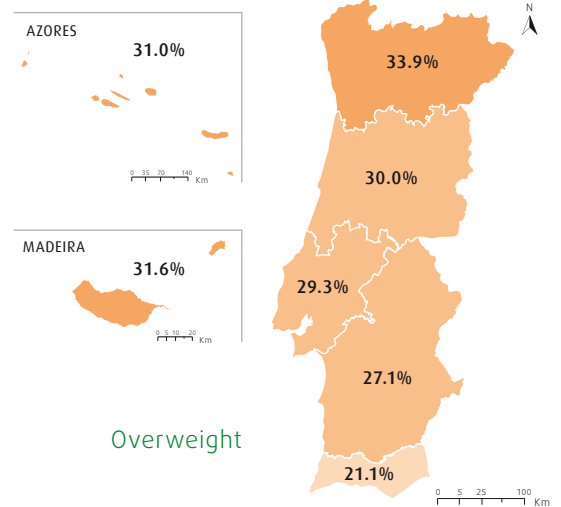


Thinness 0.9%
Overweight 31.6%
Obesity 10.9%



Thinness 0.9%
Overweight 29.8%
Obesity 12.6%

...and in the North region of Portugal and Autonomous Regions of Madeira and Azores.



Among the determinants studied, it was verified:

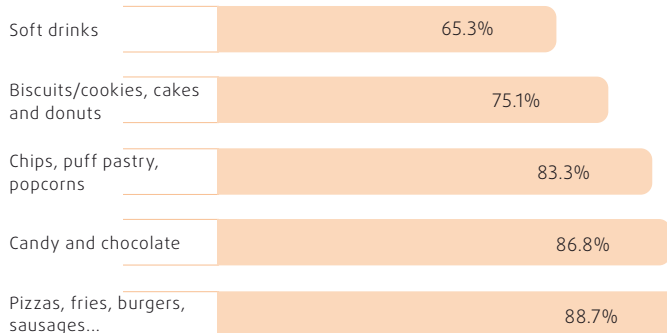
■ eating habits

Daily intake



17.3% 9.8% 63.3% 56.6% 37.7%

Dietary Intake frequency up to 3 times per week



■ physical activity



66.3% of the children were physically active for 3 or more hours/day, during the weekend



76.6% of the children went to school by car

■ sedentary behaviours

Spent 1 to 2 hours/day playing electronic games, during the weekends 54.0%

Spent 1 to 2 hours/day playing electronic games, during the week 75.5%