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Health and disease status of children's in the "Nueva Esperanza Refuge" in Puerto Vallarta, Jalisco, in the year of 2015

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Background: According to the "Institución Internacional Aldeas Infantiles SOS", they estimate that there are approximately 412,456 children without parental care in Mexico. In most of these cases the child's health status is not being watched and basic recommendations marked by the National Health Card are not being followed.

Aim: Identify the current health state of the children living at the "Refugio Infantil Santa Esperanza" according to recommendations from the National Health Card and to determine the most frequent sicknesses of these children.

Materials & Methods: An exploratory study and descriptive statistical analysis was performed on 25 orphans, 2 of their caretakers and 2 of their doctors to determine their current health status and to see if they follow guidelines determined by the National Health Card. This was done by checking each child's health card, by doing flexible interviews and taking anthropometric measurements.

Results: The mean age of the 25 children was 7.56 years of age (± 2.67), 14 subjects were male while 11 were female. Mean time of daily physical activity of all the subjects was 67.24 minutes per day (± 68.43). The children's diet is below average in fruit and vegetable consumption but on optimal protein consumption level. All of the immunization schemes were incomplete. A total of 68% of the total population was in a healthy Body Mass Index range, while 28% were in the overweight and obese range. Upper Respiratory Tract Infections, Diarrhea and Dermatological Lesions were proven to be the three most prevalent sicknesses year round.

Biography

Karen Michell Mejía Pérez is studying the 5^o semester of medicine from Centro Universitario de la Costa, in the Guadalajara University. She has been in different congress through her study, and wants to expand her knowledge by participating in this one.

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