

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

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TUFH 2021 ABSTRACTS

Title	THE RELEVANCE OF AN INTEGRAL PROGRAM TO PROMOTE HEALTHY LIFESTYLE HABITS AS A PRIMARY CARE STRATEGY AGAINST OBESITY AND SEDENTARY LIFESTYLE: LITERATURE REVIEW
Type	Oral Presentation What can we learn from your Primary Health Care Practice and Experiences?
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Abstract N ^o	TUFH792
Content	<p>The main causes of mortality in the world are associated with Sars-Cov 2 infection and ischemic heart disease. Obesity and sedentary lifestyle have worsened the prognosis of infected patients and both have a role in the genesis of coronary heart disease. The changes in habits due to the pandemic have made the situation worse. We believe that today it is important to review the scientific evidence about the impact of the implementation of programs to promote exercise and eating habits. To carry out a narrative review that allows identifying the scientific evidence of integral programs that include diet and physical activity as a primary care strategy for the management of obesity and sedentary lifestyle. A literature review was carried out in the different Pubmed, Google Scholar and Embase databases, using the terms physical activity and nutrition program, obesity or sedentary lifestyle. Results: 14 review articles and 21 systematic reviews were obtained. Consequently, a narrative review article was made in which the information was synthesized as part of the theoretical framework for an integral intervention in healthy lifestyle habits. Conclusions: Physical activity and/or diet programs as an strategy in school, work or primary care have shown effectiveness. We believe that these strategies must be retaken and strengthened to mitigate the impact of the pandemic.</p>