Abstract No. **52**
Category: **Prevention**
Title: **Obesity associated with the hours of use of the smartphone in university students: The technological slavery of the future**
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Abstract:

Background: Intelligent mobile telephony (IMT) has spread rapidly and accepted as the main source of entertainment for the general population, especially among young people and has become an inherent part of the life of the human being. In the worldwide IMT reached 7.9 billion units, surpassing the number of people on the planet. Evidence shows that every time there is a greater number of young people who acquire this technology and that its use has decreased the daily physical activity. The sedentary lifestyle besides the bad nutritional habits in the university students, produce an increase of cardiovascular risk factors as it is the overweight and the obesity, turning it into a public health problem.

The risk of obesity increased by 43% if the IMT is used 5 or more hours a day, as they were twice as likely to drink more sugary drinks, fast food, sweets, snacks and decreased physical activity. The objective of this study was to correlate digital obesity and the hours of use of the Smartphone in the students of the health sciences faculty at the Universidad Simón Bolívar.

Methods: A cross-sectional and prospective study in 1060 (34,4% of 3079) students of the Health Sciences Faculty at the Simón Bolívar University (Barranquilla, Colombia) during June to December 2018. The sampling was probabilistic and random stratified. The sample size was calculated through the program Epi info CDC version 4.0 for Android. For an expected frequency of 50% and a 95% confidence level. All participants signed the informed consent. A predesigned question survey was carried out, mainly closed, body mass index (BMI), hours of Smartphone use were evaluated. Obesity was classified in grade 1 and 2 (BMI> 25 and> 30 kg / m 2).

The analysis of the information will be carried out through the SPSS 24 program. For quantitative variables, descriptive statistics, measures of central tendency (medium and medium fashion) and dispersion measures (age range) will be used. Subsequently, tests of normality and bivariate analysis will be performed.

Results: The study group consisted of 700 women and 360 men. With an average age of 19±3.6 and. 20.3±3.8 respectively. When comparing the nutritional status of the participants (Table 1), the frequencies of overweight and obesity in men were 36.1% and 42.6% and in women 63.9% and 57.4%.

By grouping the values of overweight and obesity, a prevalence of excess weight of 30.2% was obtained. The frequencies of the hours dedicated to the smartphone are shown, as well as their percentages. 26% of the subjects who were overweight and 4.6% obese spent more than 5 hours using their device.

To analyze the relationship between the BMI and the hours dedicated to the use of the smartphone, we use the X2 test of independence of Pearson. In this study, a statistically

significant association was found between the number of hours of cell phone use and the increase in BMI.

Conclusion: IMT in a habitual way can increase sedentary life and facilitate the development of a cardiovascular risk factor such as Obesity. It is important to design a study that evaluated the synergy that, as a whole, can have other variables and that ultimately allows helping the University population through programs that include the management of time on your cell phone and the change in lifestyles and eating habits.