

Author: Susana Jiles

Co Author: María Eugenia Calvin (Fundación EPES)

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Health and nutrition promoter training model, a social determinants of health (SDH) and human rights approach.

Introduction: In the last 30 years, Chile has experienced important demographic and epidemiological changes, resulting in an increase of obesity and non-communicable diseases. In 2012, overweight and obesity in children under the age of six reached 32.8% and 10.3%, respectively (Ministry of Health). In 2010, overweight and obesity reached 45.5% in men and 33.3% in women (National Survey of Health, Ministry of Health). Adults with less than eight years of schooling present a higher incidence of obesity (20.8% men, 46.7% women).

Methods: Since 2011, Foundation EPES has developed a project in health and nutrition promotion from a SDH and human rights perspective with a gender-based approach. We work at the community level utilizing popular education methodology with women from working-class communities and health and education professionals from one of the poorest municipalities of Santiago.

Results: A training model for health and nutrition promoters from a SDH and human rights perspective with the objective of raising awareness and situating the issue of obesity in communities affected by this epidemic, especially women and children from vulnerable communities.

Conclusions: Eating habits and nutritional status depend upon social, economic, political and cultural conditions in which individuals and social groups live. States should protect the right to a culturally- and nutritionally-appropriate diet. To combat this epidemic, it is necessary to work from SDH and human rights perspectives, signifying a step beyond lifestyles.

Key words: obesity, social determinants, human rights