

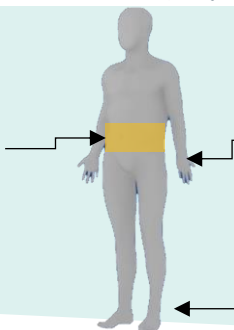
Guía de medición Perímetro abdominal (PAB)

Medida de la distancia alrededor del abdomen (cintura)

Evalúa **riesgo** de padecer enfermedades cardiovasculares, diabetes tipo 2 y otras condiciones metabólicas

1. Posición

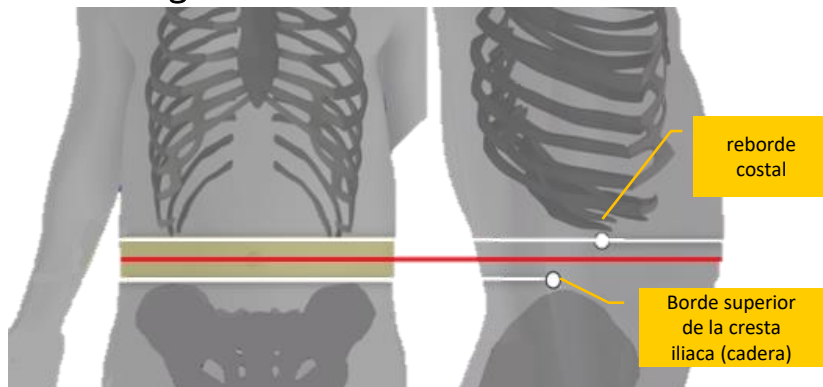
- Zona de medición descubierta



- De pie
- Brazos separados del cuerpo
- Pies ligeramente separados

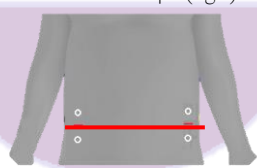
2. Medición

Figura 1: PUNTOS ANATOMICOS



UBICACION LINEA DE MEDICION

Es la línea que une los puntos medios entre del reborde costal y el borde superior de la cresta iliaca alrededor del cuerpo (fig.1)



COLOCACION DE CINTA
métrica por todo el contorno del cuerpo siguiendo la "línea de medición", iniciando el "0" en la parte media frontal del cuerpo



MEDICION

Pedir que inspire y expire. Realizar la medición al final de la expiración normal y relajada

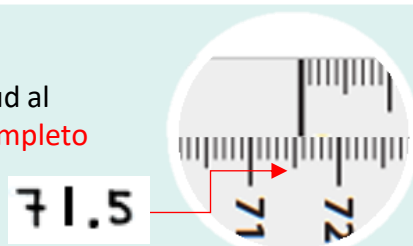


3. Lectura y Registro

Registrar la medida usando la numeración OMS

1 2 3 4 5 6 7 8 9 0

Lea la longitud al milímetro **completo** o inferior.



4. Interpretación

2 a 17 años

RIESGO CARDIOVASCULAR

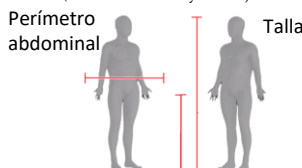
| Edad (años) | Bajo | | | | Alto | | | |
|-------------|------|------|------|------|------|------|------|------|
| | p10 | p25 | p50 | p75 | p10 | p25 | p50 | p75 |
| 2 | 43.2 | 45.0 | 47.1 | 48.7 | 48.5 | 50.8 | 53.2 | 55.2 |
| 3 | 44.9 | 46.9 | 49.1 | 51.2 | 51.3 | 54.2 | 57.8 | 61.0 |
| 4 | 46.6 | 48.7 | 51.1 | 53.8 | 53.9 | 56.4 | 59.0 | 61.4 |
| 5 | 48.4 | 50.6 | 53.2 | 56.3 | 56.4 | 59.0 | 61.4 | 63.8 |
| 6 | 50.1 | 52.4 | 55.2 | 58.9 | 59.0 | 61.4 | 63.8 | 66.2 |
| 7 | 51.8 | 54.3 | 57.2 | 61.6 | 61.5 | 63.8 | 66.2 | 68.6 |
| 8 | 53.5 | 56.1 | 59.3 | 64.0 | 63.9 | 66.2 | 68.6 | 71.0 |
| 9 | 55.3 | 58.0 | 61.3 | 66.5 | 66.4 | 68.6 | 71.0 | 73.4 |
| 10 | 57.0 | 59.8 | 63.3 | 69.1 | 69.0 | 71.0 | 73.4 | 75.8 |
| 11 | 58.7 | 61.7 | 65.4 | 71.6 | 71.5 | 73.4 | 75.8 | 78.2 |
| 12 | 60.5 | 63.5 | 67.4 | 74.2 | 74.3 | 76.3 | 78.2 | 80.6 |
| 13 | 62.2 | 65.4 | 69.5 | 76.7 | 76.8 | 78.2 | 80.6 | 83.0 |
| 14 | 63.9 | 67.2 | 71.5 | 79.3 | 79.4 | 81.4 | 83.0 | 85.4 |
| 15 | 65.6 | 69.1 | 73.5 | 81.9 | 82.0 | 84.0 | 85.4 | 87.8 |
| 16 | 67.4 | 70.9 | 75.6 | 84.4 | 84.5 | 86.5 | 87.8 | 90.2 |
| 17 | 69.1 | 72.8 | 77.6 | 86.9 | 87.0 | 89.0 | 90.2 | 92.6 |
| 18 | 70.8 | 74.6 | 79.6 | 89.5 | 89.6 | 91.6 | 92.6 | 95.0 |

RIESGO CARDIOVASCULAR

| Edad (años) | Bajo | | | | Alto | | | |
|-------------|------|------|------|------|------|------|------|------|
| | p10 | p25 | p50 | p75 | p10 | p25 | p50 | p75 |
| 2 | 43.9 | 45.0 | 47.1 | 48.4 | 48.5 | 50.8 | 53.2 | 55.2 |
| 3 | 45.4 | 46.9 | 49.1 | 51.9 | 51.9 | 54.2 | 57.8 | 61.0 |
| 4 | 46.9 | 48.4 | 51.1 | 54.2 | 54.2 | 56.4 | 59.0 | 61.4 |
| 5 | 48.5 | 50.1 | 53.0 | 56.6 | 56.7 | 59.0 | 61.4 | 63.8 |
| 6 | 50.1 | 51.8 | 55.0 | 59.0 | 59.1 | 61.4 | 63.8 | 66.2 |
| 7 | 51.8 | 53.5 | 56.9 | 61.4 | 61.5 | 63.8 | 66.2 | 68.6 |
| 8 | 53.2 | 55.2 | 58.9 | 63.9 | 63.9 | 66.2 | 68.6 | 71.0 |
| 9 | 54.8 | 56.8 | 60.8 | 66.2 | 66.3 | 68.6 | 71.0 | 73.4 |
| 10 | 56.3 | 58.6 | 62.8 | 68.6 | 68.7 | 71.0 | 73.4 | 75.8 |
| 11 | 57.9 | 60.3 | 64.8 | 71.0 | 71.1 | 73.4 | 75.8 | 78.2 |
| 12 | 59.5 | 62.0 | 66.7 | 73.4 | 73.5 | 75.8 | 78.2 | 80.6 |
| 13 | 61.0 | 63.7 | 68.7 | 75.8 | 75.9 | 78.2 | 80.6 | 83.0 |
| 14 | 62.6 | 65.4 | 70.6 | 78.2 | 78.3 | 80.6 | 83.0 | 85.4 |
| 15 | 64.2 | 67.1 | 72.6 | 80.6 | 80.7 | 83.0 | 85.4 | 87.8 |
| 16 | 65.7 | 68.7 | 74.6 | 83.0 | 83.1 | 85.4 | 87.8 | 90.2 |
| 17 | 67.3 | 70.3 | 76.5 | 85.4 | 85.5 | 87.8 | 90.2 | 92.6 |
| 18 | 68.9 | 72.2 | 78.5 | 87.8 | 87.9 | 90.2 | 92.6 | 95.0 |

Relación PAB/T

(Niños, adolescentes y adultos)



NORMAL
< 0,5

PAB/T (cm) \geq 0,5 = ALTO RIESGO
PAB/T (cm) \geq 0,6 = MUY ALTO RIESGO

Ejemplo
Talla: 168 cm PAB 78 cm
PAB/T = 85/168 = 0.505 ALTO RIESGO

RECOMENDACIONES

1 COME SALUDABLE



2 ¡EJERCITATE!



Aeróbicos
Flexibilidad
Estabilidad
Fortaleza

3 DUERME BIEN



Niños: 9 a 11 h
Adolescente: 8 a 10 h
Adulto: 7 a 9 h

Elaboración: Lic. Nut. Mariela Contreras Rojas

TIENES RIESGO CARDIOVASCULAR "ALTO" o MUY ALTO acude al EESS