



## Exercise Biochemistry Review

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### **Epidemiology of children's febrile seizures and prospects for health education**

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**Objective** In this paper, through the epidemiological characteristics of febrile seizures (FS) and the status quo of health education, the non-drug prevention system based on scientific physical activity intervention is gradually formed in the future, so as to establish "knowledge, prevention, medical, nursing, sports nutrition" The protection and maintenance of the five-in-one sports promotion health network lays the theoretical foundation.

**Methods** Through domestic and foreign literatures, CNKI, Pubmed, Web of science and other databases are reviewed.

**Results** (1) The exclusion criteria of FS are similar at home and abroad, only the definitions of onset age are different, the disease has age dependence. (2) The index of FS prognosis health assessment is single. There are few reports on the post-exercise ability and physical changes of FS children. And there is a lack of preventive health care related to exercise and brain health. (3) The descriptive study of FS in China lacks the incidence rate based on large-scale population samples, and the interventional research is limited to the clinic. The prevention and prognosis interventions for this disease lack relevant health education guidelines and intervention programs for kindergartens, schools and communities. (4) In the process of continuous seizures, hypoxia can cause transient or long-term organ damage in the body, affecting the development of the nervous system. The effects of FS on physical fitness are mainly concentrated on balance ability, systemic coordination ability and motor discrimination ability. Balance, sensitivity and coordination quality are related to nervous system, skeletal muscle and sensory organs.

**Conclusions** The research on the epidemiological characteristics of FS in China needs to be further improved. Prognosis and health assessment should be complementary to physical health and medical health. For children with history of febrile seizures, exercise as a simple, convenient, non-burden, drug-free effective way to promote central nervous system and brain health, has a positive effect on improving the immune level of children with FS and improving the prognosis of brain damage. Provide new ideas for prognosis and prevention, and promote health education and health communication of febrile seizures.