

Thesis Title Snack Pattern between Obese and Normal Children
 Aged 7 to 9 Years Old in Private School in Bangkok.
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ABSTRACT

The objectives of this study were to determine snack pattern and compare energy and nutrients intake from meals and snacks among the obese and normal children, and to compare energy and nutrients intakes from meals and snacks with daily intake and Recommended Dietary Allowances. In addition, the objective is to compare socio-economic factors and correlation of activities levels between the two groups. The samples included 178 school-children, aged 7-9 years old, prathom three and prathom four from Benjamin School and Srivikorn School. The subjects were divided into two groups; 45 children in the obese group and 138 in the normal one. General characteristics, socio-economic status and daily activities were collected by interviewing using standard questionnaire. Dietary intake were collected by 3-day food records and interview method.

The results showed that afternoon hours were the most common time for snack in both groups. The normal group showed more frequency of snack intake than the obese one but no significant differences between two groups. The commercial snacks and other snacks such as

chocolate, cooked glutinous rice were consumed significantly more frequently among the obese children than that of the normal children (p -value = 0.045, 0.043). The classification for type of snack according to energy distribution showed that there was no significant difference in frequency of consumption between the two groups (p -value > 0.05). For the daily mean energy and nutrients intakes from snack were not significantly different between the two groups. But the mean energy and carbohydrate intakes of obese children were significantly higher than that of the normal children (p -value = 0.001, 0.0001). Regular meals of obese group be provided more than 80 percent energy and more than 100 percent protein in the both groups comparing to the Recommendation. Snacks of the both groups provided less than 80 percent energy and 30 percent protein comparing to the Recommendation. The percentage distribution from meals of the both groups were found more than 80 percent energy and nutrient except carbohydrate of normal group was found that less than 80 percent comparing to total daily intake. The percentage distribution from snacks of the both groups were found less than 20 percent for energy and nutrient besides carbohydrate in normal group was found more than 20 percent comparing to the total daily intake. However the socio-economic factors were not significant different and levels of activities were not significant correlation between the two groups.

In summary, the snack intake was not cause children be obese but the obese children consumed differences in quantity and quality of daily meals. However, the further study of the snack pattern will consider in more clear various details.