

**DEVELOPMENT OF THE OBESITY CONTROL PROGRAM IN
ELEMENTARY SCHOOL STUDENTS**

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SUNEE LAGAMPAN, Ed.D., JERANUN KLAWKLA, D.Sc.**ABSTRACT**

Overweight and obesity in children are the problems that should speed up solving. Development of the obesity control program by participation of all parties was necessary to conduct. The aim of this study was to develop and test the obesity control program in elementary school student with participation from students, parents, and school. This study was separated to 3 phases as 1) Existing knowledge analysis from lesson learned in 4 Diamond Level Health Promoting Schools (DLHPS) and literature review; 2) Program development from the knowledge analysis and participation of students, parents, and teachers; and 3) Implementing and program evaluation by comparison in 2 private schools at Nakornnayok Province (students grade 1-3 and parents 84 persons). Data were collected by both qualitative and quantitative methods. Data analysis used Content analysis and Repeated measure.

The obesity control program included 8 activities that were 1) health education, 2) healthy food, 3) integration of contents to all subjects, 4) nutrition, physical activity, perceptions and physical fitness assessment, 5) plant the vegetables, 6) healthy day/ healthy corner, 7) newsletter for parents, and 8) exercise in the morning. Parents, teachers, and food cookers in school received the obesity control knowledge. At the end of the obesity control program, the nutritional status of students was improved. The calories of dietary intake per day and the body fat percentage in students were decreased (p -value<.001, .009 respectively). The energy expenditure per day in students was increased (p -value=.035).

The obesity control program could reduce the over consumption of calories and increase the physical activity and energy expenditure per day. The key success factor was the participation of students, parents and teachers. Therefore, the continuity and sustainability were occurred in the obesity control program.

**KEY WORDS: DEVELOPMENT / OBESITY CONTROL PROGRAM /
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