

Thesis Title Factors Influencing Child
Obesity in School Children in
Bangkok Metropolitan.

Name Wanvimol Kittidilokkul

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ABSTRACT

Study was conducted in 521 school children of grade 1 to 6 in Bangkok Metropolitan. They were assessed and classified by weight for height into 2 groups ; obese and normal weight students. The 267 subsample subjects were also interviewed by using 24-hour dietary recall for determining nutrient intakes. Food questionnaires were also launched to all students and their parents. Data of nutrient intake of subjects were analyzed by N-Squared Nutritionist III based on Thai food composition table, MOPH, 1987 and food questionnaires by SPSS/PC⁺ program.

The results showed that overweight mothers tended to have a greater number of obese students (approximate 3 folds), when compared to those of normal weight mothers.

Regarding consumption behavior of students and parents, normal students had significantly higher milk consumption than the obese students ($p < 0.05$) and obese students tend to prefer carbonated drink. Obese students also preferred to consume high energy of main dish. The families of obese students had significantly preferred high caloric fruits than those of normal students (p -value < 0.00025). Most of obese and normal students ate their main dish during watching television in the evening of school day and including snack on the weekend. Mothers of both groups were the main persons who prepared food. Concerning the attitude of parents toward to their students' figure, it was shown that 14-23 % of parents perceived their obese children as only normal or overweight children and their desire was to maintain such nutritional status. It was found that both of parents and students were fairly good in nutritional knowledge on food and obesity aspect. Regarding nutrient intakes, daily energy and fat intakes of the obese students were significantly higher than those of normal students ($p < 0.05$). Carbohydrate and protein intakes were quite similar in both groups. Energy expenditure based on time and type of physical activity of both groups can not found the differential. The strong predictors for childhood

obesity were characterized by body mass index of the mother and the fat intake of student.

The prevention of obesity in school age should be emphasized for both overweight mothers and students. Along with appropriate nutrition education, promotion of proper food consumption behavior in these children should be also encouraged by teachers through school lunch program.