

# A Study to Assess the Knowledge on Factors Influencing Childhood Obesity among School Children in Selected School, Kanchipuram District, Tamilnadu

Indra B<sup>1</sup>, Vinitha Ravi R<sup>1</sup>, Udhaya Kumar G<sup>1</sup>, N Thivya<sup>2</sup>

<sup>1</sup>III year B.SC (Nursing) Students, <sup>2</sup>Assistant Professor, Department of Community Health Nursing, Chettinad College of Nursing, Chettinad Academy of Research & Education, Kelambakkam, Kanchipuram Ddistrict, Tamilnadu, India

## Abstract

Childhood obesity is a major public health crisis nationally and internationally. Hence, effective intervention strategies are being used to prevent and control obesity in children is necessary<sup>8</sup>. The study was conducted to assess the knowledge on factors influencing childhood obesity among school children in selected schools at Kanchipuram. District, Tamil Nadu. The objectives of the study were to assess the Knowledge on factors influencing childhood obesity and to associate the Knowledge on factors influencing childhood obesity among school children with selected demographic variables. By using descriptive research design and by using simple random sampling the total of 60 samples were selected. The study finding revealed that the frequency distribution in the study shows that majority 3(5%) were having adequate knowledge, 37(62%) of them having moderate knowledge and 20(33%) of them having inadequate knowledge on childhood obesity. Regarding association there is significant association of factors influencing childhood obesity among school children with selected demographic variables like type of family, monthly family income, dietary habit, height in cms and there is no significant association between factors influencing childhood obesity with demographic variables like age, number of sibling to children, education status and weight in kg.

**Keywords:** Knowledge, factors, children, childhood obesity.

## Introduction

Obesity now consider as a killer life style disease is an important cause of percent able death world-wide<sup>4</sup>. According to WHO 1.2 billion people world are efficiency a overweight. Epidemic proportion of India in the 21th century with morbidity affecting 5% of the country population. Childhood obesity effect every organ systematic the body. The risk included diabetic, high blood pressure, and high cholesterol. Fact that 70% risk for heath disease<sup>5</sup>.

Childhood obesity is a major public health crisis nationally and internationally.. Hence, effective intervention strategies are being used to prevent and control obesity in children. The purpose of this study is to address various factors influencing childhood obesity, a variety of interventions and governmental actions addressing obesity and the challenges ahead for

managing this epidemic.<sup>8</sup>

## Statement of the Problem

A study to assess knowledge on factors influencing childhood obesity among school children in selected school at kanchipuram district, Tamilnadu, India

## Objectives

- To assess the Knowledge on factors influencing childhood obesity among school children.
- To associate the Knowledge on factors influencing childhood obesity among school children with selected demographic variables.

## Research Methodology

- Research approach: Quantitative non-experimental  
–Evaluative approach

- Research Design: Non-Experimental- Descriptive research design
- Population: The Accessible Population of the present study is School children from 6<sup>th</sup>std to 12<sup>th</sup>std at selected schools at Kanchipuram District.
- The Sample size of 60 school children will be selected
- Research setting: The study will be collected in the Selected Schools at Kanchipuram District, Tamilnadu.
- Sampling Technique: Simple random sampling

### Results

#### Section -A: Distribution of demographic variables of the factors influencing childhood obesity among school children in selected school.

**Age of children (Years)** in which majority (45%) were belongs to the age between 13-15 years, (35%) of them between 10-12 years and (20%) of them between 16-18 years.

**Number sibling to children** in which majority of (45%) were belongs to two number of children (33.3%) belongs to only one children and (22%) belongs to more two number of children,

**Type of family** in which majority (63.3%) were belongs to nuclear family, (37%) were them joint family.

**Education status of children** in which majority (43.3%) were belongs 8<sup>th</sup>-10<sup>th</sup>std school children , (40%) of them 6<sup>th</sup>-8<sup>th</sup>std school children, (17%) of 11<sup>th</sup>-12<sup>th</sup>std school children.

**Monthly income of the parents** in which majority (38.3%) were belongs more than Rs.10,000 and , (35%) of them below Rs.5000 , (27%) of them Rs.5,000 – Rs.10,000 .

**Dietary habit** in which majority (83.3%) were belongs to non-vegetarian dietary pattern and (17%) of them vegetarian dietary pattern.

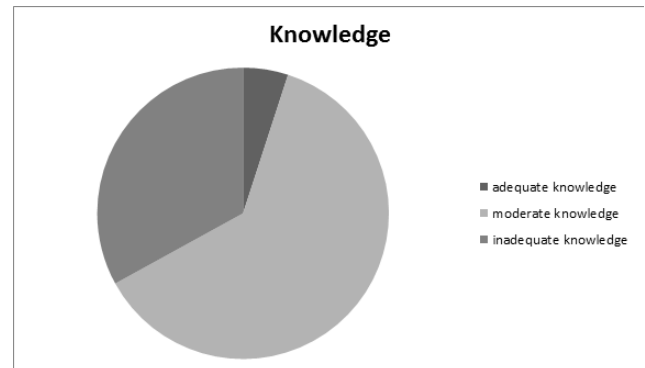
**Height in cms** in which majority (72%) were belongs to children above 100 cms (28.3%) of them children below 100 cms .

**Weight in kg** in which majority (50.3%) were

belongs to children having 31-40 kg,(25%) were children having 41-50 kg, (22%) of them children having 51-60 kg.

#### Section -B : Distribution of Knowledge on the factors influencing childhood obesity among school children in selected school.

The study finding revealed that the frequency distribution in the study shows that majority 3(5%) were having adequate knowledge, 37(62%) of them having moderate knowledge and 20(33%) of them having inadequate knowledge on childhood obesity.



#### Section -C : Association of Knowledge on the factors influencing childhood obesity with selected demographic variables:

Regarding association there is significant association of factors influencing childhood obesity among school children with selected demographic variables like type of family, monthly family income, dietary habit, height in cms and there is no significant association between factors influencing childhood obesity with demographic variables like age, number of sibling to children, education status and weight in kg

**Summary:** Community's lack of accessibility and affordability of healthy food can affect the nutrition of these children. Their lack of physical activity may be because of lack of facilities like safe side walks, bike paths, and safe parks. Much health- related problems are associated with obesity in children. Childhood obesity also leads to health risks in adulthood. Health problems related to obesity are not only physical but psychological and social as well.

Hence the study aims to address factors influencing childhood obesity, so that necessary action will be taken to prevent and treat childhood obesity

**Source of Funding:** Self

**Ethical Consideration:** Chettinad Academy of Research & Education- Institution Human Ethics Committee

**Conflict of Interest:** Nil

### References

1. Text book of: Preventing Childhood Obesity by Committee on Prevention of Obesity in Children and Youth 1 edition - first published in 2005
2. Text book of: Prevention and treatment of childhood obesity Prevention and treatment of childhood obesity by Unknown author, 1 edition - first published in 1993
3. Text book of: Legal strategies in childhood obesity prevention By Lynn Parker 1 edition - first published in 2011
4. WHO. Obesity: preventing and managing the global epidemic. WHO: Geneva; 1998.
5. Nicklas TA, T. B, K.W. C, G. B. Eating Patterns, Dietary Quality and Obesity. *Journal of the American College of Nutrition.* 2001, 20: 599-608.
6. Parsons TJ, Power C, Logan S, Summerbell CD. Childhood predictors of adult obesity: a systematic review. *International Journal of Obesity.* 1999, 23: S1-S107.
7. Whitaker RC, Wright JA, Pepe MS, Seidel KD, and Dietz WH .Predicting obesity in young adulthood from childhood and parental obesity. *New England Journal of Medicine.* 1997, 337: 869-873.
8. Livingstone MB. Childhood obesity in Europe a growing concern. *Journal of Public Health Nutrition.* 2001, 4: 109-116.
7. James PT . Obesity The worldwide epidemic. *Clinics in Dermatology.* 2004, 22: 276-280.
8. Khadilkar VV, Khadilkar AV. Prevalence of obesity in affluent school boys in Pune .*Journal of Indian Paediatrics.* 2004; 41:857-8.
9. Panjikkaran ST, Kumari K. Augmenting BMI and Waist-Height Ratio for establishing more efficient obesity percentiles among school children. *Indian Journal of Community Med.* 2009; 34:135-9.
10. Williams DP et al. Body fatness and risk for elevated blood-pressure, total cholesterol, and serum-lipoprotein ratios in children and adolescents. *Journal of Public Health.* 1992; 82:527.