

A study to assess the attitude of the Mothers towards Childhood Obesity in selected areas of Pune City.

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ABSTRACT

Introduction

World has witnessed for changing pattern of Nutritional transition characterized by prevalence of iron deficiency anemia, undernutrition along with progressive increase cases of Obesity in the Children and adolescents. Obesity in children is one of the greatest health challenge of 21st century for public and prevalent global public health issue as children. Most of mothers doesn't aware and understand that Obesity is the health problem during childhood. As per their perception chubby cheeks child is a healthy child. The perception is highly influenced by knowledge, cultural practice and experience of an individual.

Material & Methods

A descriptive study was conducted among mothers in urban area of Pune city. In this study total 60 samples were participated through Random sampling technique. 3 point Likert's scale used to assess the attitude of mothers towards childhood obesity.

Result:

The significant finding of the studies are, the respondents aware that obesity is serious health issue (60%), most of the samples are agreed for causative factors of Childhood Obesity. As per the findings 68 % respondents agreed for the advertisements of junk food attracts child to have junk/ fast food. More than half of the mothers aware about consequences of Childhood obesity whereas only 28% participants agreed for the skipping of the breakfast risk for obesity in children. This study findings revealed that most of the mothers (60% and 65 %) cardiovascular and joint problems are the consequences of Obesity in Children.

Conclusion

Childhood Obesity is global health problem in developed and developing country. Parent is the pivotal role to tackle obesity in children and their attitudes is very important aspect towards Childhood Obesity.

Keywords

Childhood Obesity, attitude, mothers

Introduction

World has witnessed for changing pattern of Nutritional transition characterized by prevalence of iron deficiency anemia, undernutrition along with progressive increase cases of Obesity in the Children and adolescents. Obesity in children is one of the greatest health challenge of 21st century for public and prevalent global public health issue as children.1 Obesity is as an abnormal or excessive fat accumulation in the body that may impair a person's health and increase the risk of certain diseases.2

When body consumes more food and does not burn the calories then obesity happens. During the childhood, obesity caused by excessive consumption of junk food, beverages, have large portion of food, sedentary lifestyle and inadequate physical activity along with genetic factors also responsible to cause obesity.3

Childhood obesity spreads in developed and developing country as well. The World Health Organization states that worldwide around 340 million children and adolescents are Obese and overweight under the 5-19 years of age group.4 The Centre for Disease Control and prevention revealed that in 2018, 18.5% Childhood obesity cases reported in United States which has tripled since 1970.5 As per NHS data showed that the current rate of Childhood Obesity in the United Kingdom (UK) is 20%.6

India reported highest cases of Childhood Obesity after USA and China due to changing lifestyle and food habit. (WHO, 2019) National Family Health Survey (NFHS-4) highlighted that urban population witnessed high number of Obesity in Children as compared to rural population.7

Most of mothers doesn't aware and understand that Obesity is the health problem during childhood.8 As per their perception chubby cheeks child is a healthy child. The perception is highly influenced by knowledge, cultural practice and experience of an individual. Mother is pivotal role in the Child development, therefore their perception matters a lot in child food habits, Physical activity and behaviour. 9 However her role is essential and helps the

children to adopt healthy lifestyle through the awareness programme.¹⁰

Parents are the role model for children and their obesity related behaviour contributing to develop Childhood Obesity.¹¹ Obesity is one of the very common and serious problem of the Children due to eating habits, inadequate physical activity, sedentary lifestyle and mostly behaviour of the parents. Health behaviours are very difficult to sculpt in adult than childhood.¹² Increasing possibilities of morbidity like diabetes, heart disease, hypertension, musculoskeletal problems, fatty liver disease along with poor self-esteem, and depression would be the condition face during adult if it is untreated in the Childhood.²

Material & Methods

A descriptive study was conducted among mothers in urban area of Pune city. In this study total 60 samples were participated through Random sampling technique. 3 point Likert's scale used to assess the attitude of mothers towards childhood obesity. The points are (a) Agree (b) Uncertain (c) Disagree. The numbers has been assigned to the each response is 3 score for agree, 2 for uncertain and 1 for disagree for 27 questionnaires..

Objective

To assess the attitude of mothers towards Childhood Obesity..

Results

Demographic data of the study stated that most of the children (42%) age is 9-11 years and greater number of female children (54%). Many mothers have 2 children with birth order of first (52%). Large number of participants is the home makers (62%) and educational status of mother is higher secondary school. 87% children dietary pattern is non-vegetarian and only 27% children consumes fruits/ vegetables daily. .

Table No.1 Overall attitude score

Sr. No.	Attitude	Total number of Statements	Score – Range	Mean	SD
1.	General	2	0-10	2.27	1.92
2.	Causes	10	0-30	2.49	2.09
3.	Consequences	4	0-12	1.97	1.65
4.	Prevention	11	0-33	2.38	2.00
	Total	27	0-85	2.32	1.96

Table No. 2 Mothers' Attitude scale

Sr. No.	Items	Mean	SD
1	Chubby cheeks children are healthy	2.32	1.96
2	Obesity is the serious health problem	2.22	1.89
3	Parenting style associated with obesity in children	2.37	2.01
4	Skipping of breakfast risk for obesity in children	1.78	1.46
5	Inadequate physical exercise causes obesity in children	2.47	2.07
6	More time spends to watch TV, play video games increases weight in children	2.42	2.02

7	Frequently to have the Junk food like pizza, packed food etc. will increase the risk of obesity	2.33	1.97
8	Drinks soft drinks/ beverages induces obesity in children	2.33	1.97
9	Advertisements of junk food attract the child to eat food	2.47	2.07
10	Family food patterns cause of Obesity in children	2.52	2.11
11	Parents offer the sweet/ junk food to child as a reward	2.67	2.21
12	Child should have large amount of food	2.72	2.26
13	Obesity results cardiovascular disease, fatty liver disease, diabetes in adulthood if it is untreated in childhood.	1.60	1.26
14	Obesity affects joints and muscles of the child	2.43	2.04
15	Obese children get anxious and difficult to mingle with friends	1.55	1.22
16	Obesity decreases the academic performance of child	1.48	1.11
17	Obesity can be cured and prevented	2.68	2.21
18	Parent is pivotal role in the behaviour of children for healthy lifestyle practices	2.55	2.13
19	Adequate sleep is required to prevent childhood obesity	2.52	2.10
20	Limit the screening time (TV, Mobile games) can prevent obesity in children	2.25	1.91
21	Daily physical activity for 30 min to 1 hour can prevent obesity in children	2.61	2.19
22	Parents should discourage child late night screening time	2.42	2.04
23	Consumption of healthy foods prevent Childhood Obesity	2.50	2.10
24	Fruits and vegetables in the diet helps to prevent Obesity in Children.	1.83	1.43
25	Avoid eating while watching TV will reduces the risk of obesity	2.47	2.07
26	Parents should offers food whenever child gets hungry	1.78	1.49
27	Child should have meal with family	2.55	2.13

Table 2 depicts that only 60% sample agree for chubby cheeks children are healthy and 28% are disagree for this statement. Most of the participants 57% agree for obesity is serious health problem whereas 35% are disagree. 65% mothers agreed that parenting style associated with obesity in children and 28 % samples are disagreed. Half of the samples not agreed (50%) that skipping of breakfast risk for obesity whereas 28% are agreed & 22% samples are uncertain. Most of the mothers agreed that inadequate physical activity (68%), spending more time to watch TV, <http://annalsofrscb.ro> 7166

Video games (63%), frequently having junk food and drinks soft drink/ beverages (62%) are the causes of Obesity in Children. They also insisted for the advertisements of junk food attracts child to have junk/ fast food (68%), family food patterns(72%) and parents offers sweet food/ junk food to child as a reward (78%) are equally contributing factors for obesity in children. Mothers agreed (83%) that child should have large amount of food. Many of the mothers agreed that obesity harm the child physically like cardiovascular disease, fatty liver disease, diabetes in adulthood if it is untreated in childhood (60%), effects on joints & muscle (65%) but they are disagreed for their psychological problem like child get anxious , difficult to mingle with friends (62%) and poor academic performance (65%) due to obesity. Participants of this study agreed that obesity can be prevented and cured (75%) and parents is pivotal role to mould that behaviour of child (72%). As far as preventive strategies are concern, 58% mothers agreed for the limit the screening time, 80% participants are recommended for daily physical activity for child and 70% agreed consumption of healthy foods however only 33% agreed that parents should offer food whenever child gets hungry. . Mother agreed for adequate sleep is required to prevent childhood obesity (68%) and (67%) should discourage late nigh screening time. Few participants (18%) are agreed that fruits and vegetables in diet helps to prevent obesity but most of them agreed (72%) that child should have meal with family and avoid eating while watching TV (68%).

Discussions

The significant finding of the studies are, the respondents aware that obesity is serious health issue (60%), most of the samples are agreed for causative factors of Childhood Obesity.

As per the findings 68 % respondents agreed for the advertisements of junk food attracts child to have junk/ fast food similarly study conducted Cross Sectional study on mothers. As per findings 74% mothers supported to ban the advertisements of Junk food.¹³

More than half of the mothers aware about consequences of Childhood obesity whereas only 28% participants agreed for the skipping of the breakfast risk for obesity in children. In similar study conducted by Samundeeswari, 51.67% participants responded Uncertain on skipping the breakfast (51.67%).¹⁴

As per Berge JM study, respondents not aware of consequences of obesity (68.6%) whereas this study findings revealed that most of the mothers (60% and 65 %) cardiovascular and joint problems are the consequences of Obesity in Children.¹⁵

Conclusion

Childhood Obesity is global health problem in developed and developing country. It has to track early otherwise consequences of obesity increase the morbidity and mortality among children and adult. Prevention is important aspect in childhood obesity, it starts from Home, School and Community. Parent is the pivotal role to tackle obesity in children and their attitudes is very important aspect towards Childhood Obesity.

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