

Feeding Pattern among School Aged Children Having Obesity

Thesis

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قَالُوا سُبْحَانَكَ لَا عِلْمَ لَنَا
إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ
الْعَلِيمُ الْحَكِيمُ

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Dedicated To:

My Father.....

My Mother....

My Brothers &

My Sisters

*My Husband & Daughter
For their great help, encouragement,
love and continuous support.*

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Abstract

The aim of this study was to assess the feeding patterns among school aged children having obesity. **Research Design:** A descriptive design. **Settings:** The study was conducted at the Obesity Outpatient Clinic of Children's Hospital, affiliated to Ain Shams University Hospitals and National Institute in El-Kasr El-Aini Area Cairo Egypt. **Sample:** A purposive sample composed of all available obese children (٦٠) accompanied with their mothers attending the previously mentioned settings. The inclusion criteria were aged ٦-١٢ years, diagnosed to have obesity, registered in the clinic free from physical, endocrine or genetic disorder. **Tools of data collection** were interviewing questionnaire format and children assessment sheet (Likert scale). **Results:** There was more than half (٥٨,٣%) of the studied children were females and the mean age of them was ٨,١±١,٠١. More than two thirds of the studied children had unsatisfactory knowledge regarding obesity and fifty percent had negative and other fifty percent had indifference attitude toward obesity. **Conclusion:** The study findings lead to the conclusion that, there was a statistical significant difference between percapita income and patterns of feeding but there was no statistical difference between children, residence and pattern. **Recommendation:** Lifestyle modification through health and physical education programs in schools.

Keywords: Obesity; School aged children; Dietary patterns.

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List of Abbreviations

AAP	<i>American Academy of Pediatrics.</i>
AHRQ	<i>Agency for Healthcare Research and Quality.</i>
AMA	<i>American Medical Association.</i>
BMI	<i>Body Mass Index.</i>
BP	<i>Biochemical parameters.</i>
CDC	<i>Centers for Disease Control and Prevention.</i>
CHD	<i>Coronary Heart Disease.</i>
CT	<i>Scan Computed Tomography.</i>
CVD	<i>Cardiovascular Diseases.</i>
DEXA	<i>Dual energy X-ray Absorptiometry.</i>
HSPH	<i>Harvard School of Public Health.</i>
ICN	<i>International Council of Nurses.</i>
IIM	<i>Institute of International Medical.</i>
INSERM	<i>National Institute of Health and Medical Research.</i>
IOTF	<i>International Obesity Task Force.</i>
LBW	<i>Low Birth Weight.</i>
MRI	<i>Magnetic Resonance Imaging.</i>
NASN	<i>National Association of School Nurses.</i>
NHANES	<i>National Health and Nutrition Examination Survey.</i>
NHMRC	<i>National Health and Medical Research Council.</i>
NIH	<i>National Institute of Health.</i>
NIHCE:	<i>National Institute for Health and Clinical Excellence.</i>
NNI	<i>National Nutrition Institute.</i>
PCOS	<i>Polycystic Ovary Syndrome.</i>
PSTFES	<i>Preventive Services Task Force Evidence Syntheses.</i>
PTC	<i>Pseudo-Tumor Cerebra.</i>
SC	<i>Subcutaneous fat.</i>
SCFE	<i>Slipped Capital Femoral Epiphysis.</i>
SES	<i>Socio-Economic Status</i>

<i>SFT</i>	<i>Skin Fold Thickness.</i>
<i>SGA</i>	<i>Small for Gestational Age.</i>
<i>SPSS</i>	<i>Statistical Program for Social Sciences.</i>
<i>SSBs</i>	<i>Sugar Sweetened Beverages.</i>
<i>T 2DM</i>	<i>Type 2 Diabetes.</i>
<i>TV</i>	<i>Television.</i>
<i>U.S</i>	<i>United States</i>
<i>USA</i>	<i>United States of America.</i>
<i>WC</i>	<i>Waist Circumference.</i>
<i>WHO</i>	<i>World Health Organization.</i>