شبكة المعلومات الجامعية

التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم

HANAA ALY

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جامعة عين شمس

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HANAA ALY

Risk Factors Associated with Overweight among Primary School Children

Thesis

Submitted for Fulfillment of Master Degree in Nursing Science in Community Health Nursing

By

Hoda Azzam Mohamed Shahin

BSc. Nursing, Ain Shams University, (1994)

Faculty of Nursing
Ain Shams University
2021

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Supervised By

Prof. Dr. Hala Mohamed Mohamed Hussein
Professor of Community Health Nursing
Faculty of Nursing - Ain Shams University

Dr. Shimaa Fathy Miky
Lecturer of Community Health Nursing
Faculty of Nursing - Ain Shams University

Faculty of Nursing
Ain Shams University
2021

بسم الله الرحمن الرحيم

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List of Abbreviations

Abb.	Full Term
3DFR	3 Day Food Record
BMI	Body Mass Index
FFQ	Food Frequency Questionnaire
MRI	Magnetic Resonance Imaging
CHN	Community Health Nursing
NCDs	Non-Communicable Disease
OBO	Overweight and Obesity
PA	Physical Activity
SDG	Sustainable Development Goal
SEN	Special Educational Needs
SES	Socio-Economic Status
ST	Screen Time
T.V	Television
T2D	Type 2 Diabetes
WHO	World Health Organization

Risk Factors Associated with Overweight among Primary School Children

By

Hoda Azzam Mohamed Shahin, Prof. Dr. Hala Mohamed Mohamed Hussein, Dr. Shimaa Fathy Miky

B.Sc. Nursing, Professor of Community Health Nursing, Lecturer of Community Health Nursing, Faculty of Nursing - Ain Shams University

ABSTRACT

Overweight is a serious health problem among primary school children which is a risk factor for several health consequences**. Aim:** The aim of this study was to assess risk factors associated with overweight among primary school children**. Design:** Descriptive design was used to conduct this study**. Setting:** The study was conducted at 64 urban primary schools of educational directorate of Shubra Al-Kheima city. **Sample:** A purposive sample of 240 overweight primary school children was selected. **Tools:** Two tools were used for data collection, first tool structured interviewing questionnaire divided into five parts, socio-demographic characteristics of children**,** children health problems related overweight, student nutritional health history, children knowledge regarding overweight, and lifestyle factors associated with overweight among primary school children, second tool was school student files. **Results:** More than half of studied students had family history for overweight, most of them had unsatisfactory knowledge and majority of them had unhealthy lifestyle associated with overweight. **Conclusion:** Our study showed that the most of studied students weren't health problems related to overweight, more than two thirds of studied students were bad dietary habits, and majority of studied students had unhealthy lifestyle, no statistical significance relation between knowledge about overweight and dietary habits, highly statistical significance relation between dietary habits and overweight among primary school children. **Recommendation:** Health education program to raise awareness of children toward health hazards and its consequences of overweight.

Keywords: Risk factor, overweight, primary school children.

INTRODUCTION

Primary school children constitute a sizeable proportion of the population; their health and nutrition are of public health concern. Nutritional status is a primary determinant of a child's health, well-being responsible for their physical, mental growth and development. Children in primary school represent an important social group in the society ***(Abd El-Fatah and Abu-Elenin, 2019).***

Overweight is a serious health concerns for many children and could be associated with low physical-fitness levels. Overweight of primary school children have been considered by the World Health Organization (WHO) as a serious public health challenge, especially in low and middle-income countries. Overweight in primary school children could be related to multiple causes such as the modern lifestyle characterized by inactivity and passive overeating over past years ***(Abdelkarim, 2020).*** Overweight is a form of malnutrition that often results from an imbalance between food intake and energy utilization ***(Hadhood et al., 2017).***

Overweight of primary school children is determined by the child's height and weight to calculate body mass index (BMI) which is adjusted according to norms based on the child's age and gender. BMI between the 85th and 95th percentile is in the "overweight" range ***(Smith et al., 2020).***