

ASSESSMENT OF MATERNAL FACTORS ASSOCIATED WITH OVERWEIGHT AND OBESITY AMONG PRIMARY SCHOOL CHILDREN IN BANGKOK, THAILAND

Attapong Sinkitjasub^{1,2}, Kanittha Chamroonswasdi², Paranee Vatanasomboon³, Warapone Satheannoppakao⁴ and Phitaya Charupoonphol²

¹Doctor of Public Health Program (International Program), Faculty of Graduate Studies, Mahidol University, Nakhon Pathom, Thailand; ²Department of Family Health, ³Department of Health Education and Behavioral Sciences, ⁴Department of Nutrition, Faculty of Public Health, Mahidol University, Bangkok, Thailand

Abstract. The prevalence of overweight and obesity among children in Thailand is increasing. It is important to assess the factors associated with this problem. In this study we aimed to assess maternal factors potentially associated with overweight and obesity among primary school students in Bangkok, Thailand in order to inform obesity prevention programs for this study population. Study subjects were children who were in fourth to sixth grades at 5 schools in Bangkok and the mothers of each of these students. Both maternal and child subjects were asked to complete a standardized questionnaire asking about demographics and lifestyle. Subjects were chosen randomly. The height and weight of each maternal and child subject were obtained. The study was conducted during 5-30 March 2019. A total of 142 maternal and child subject pairs were included in the study. The mean (\pm standard deviation (SD)) ages of maternal subjects and child subjects were 39.8 (\pm 6.9) and 10.9 (\pm 0.9) years, respectively. A total of 16.9% of child subjects were overweight (defined as a BMI = 25.0-29.9 kg/m²) and 6.3% were obese (defined as a BMI \geq 30.0 kg/m²). On multiple logistic regression analysis, factors significantly associated with overweight/obesity in child subjects were: poor maternal knowledge about weight control in children (adjusted odds ratio (adjusted OR) = 2.416; p = 0.045), poor maternal communication with child about weight control (adjusted OR = 4.014; p = 0.005), poor maternal feeding practice (adjusted OR = 3.195; p = 0.038), poor maternal control of child behavior (adjusted OR = 3.205; p = 0.006) and poor child eating behavior (adjusted OR = 5.134; p = 0.005). Child obesity prevention and control programs for the study population need to develop methods to educate mothers about childhood obesity and improve good parenting skills. Further studies are needed to determine if these methods are useful in preventing and controlling the public health problem of childhood obesity in this study population.

Keywords: childhood overweight, childhood obesity, maternal practice

Correspondence: Kanittha Chamroonswasdi, Department of Family Health, Faculty of Public Health, Mahidol University, 420/1 Ratchawithi Road, Ratchathewi, Bangkok 10400, Thailand.

Tel/Fax: +66 (0) 2354 8536

Email: kanittha.cha@mahidol.ac.th