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Parents Beliefs about Childhood Obesity

Aslı UÇAR¹, Gülperi HAKLI² and Funda Pınar ÇAKIROĞLU¹

¹Ankara University Faculty of Health Sciences, Department of Nutrition and Dietetics, Ankara, Turkey

²Selçuk University Faculty of Health Sciences, Department of Nutrition and Dietetics, Konya, Turkey

Aim: In this study it was aimed to determine parents' beliefs about childhood Obesity.

Material and Methods: The study was conducted on a total of 187 parents who have 4-14 years old children in Ankara and volunteered to participate to the study. The data of the study were collected by questionnaire. The questionnaire consisted of the two sections, one of which was general information while the other was beliefs of parents about childhood obesity. To determine parents beliefs it was used 'Parents Beliefs about Childhood Obesity' scale developed by Beverly Wallpole and Barbara Morrongiello (2008) (cronbach alpha=0.78). The scale is likert type and it consists of 85 items and 8 sub-dimensions. The high score on the scale indicates that the families direct their children to the right behavior to prevent obesity. The total scores the parents received from the scale were analyzed according to their educational status, weight status, and child's age and weight status.

Results: The average score of the parents was 298.8 + 20.8. It has been determined that parents' beliefs on obesity scale do not correlate with parents' and children's obesity status. However, the scores were related to the child's age and education status of parents.

Conclusion: Parents, regardless of their own body weight and the body weight of the child, merely direct their children towards right behavior with an increase in their education levels. At the same time, as the child's age progresses, the barriers which parents' makes to prevent obesity were also increase. This has led to the conclusion that the education of the child caregivers is effective in creating the right eating habits and a healthy lifestyle.