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Childhood Obesity: Let's Talk About The Father!

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In 2010, the estimate of overweight and childhood obesity was 43 million worldwide [1]. In addition to the epidemiological data, it is worth emphasizing that early childhood seems to be a critical period for the development of this condition [2]. Due to this alarming number of overweight children worldwide, childhood obesity has been a recurring theme in scientific studies of different areas of knowledge. Throughout the world the data are alarming and the health consequences for children and families can be devastating. This integrative review aimed to analyze the themes of the articles about paternal participation in studies on childhood obesity in the period 2010 to 2016, in qualitative research that totalizing 15 eligible studies. The study showed that the father's participation in the investigations has increased in the last decade, however the number of articles made only with the participation of the father can still be considered very scarce. Data collected in the review revealed that the father's participation in the studies analyzed was only 6.4% of the eligible jobs while 93.6% of the investigations were performed with mothers and fathers. Moreover, in these studies, the total sample, in most articles, revealed a much higher number of mothers, reaching up to 14 times the total sample of the parents. The main themes involved the influence of parents on their children's obesity, as well as their socioeconomic and nutritional profile. The participation of parents in activities for the treatment of their children. This relative exclusion of the father in works that deal with the role of the family and obesity may indicate possible failures in professional practice, in the conduct of scientific investigations, and thus create gaps that hinder the formation of scientific evidence in parental interventions. It is worth highlighting the importance of parental involvement in the treatment of childhood obesity, since it is necessary to close family ties and share care among the different caregivers in order to improve the quality of life of these children.

Biography:

Maria Soraia Pinto

- PhD student in Collective Health at the Federal University of Ceara (2017). Professor of the Postgraduate Course in Eating Disorders and Obesity of the University of Fortaleza (UNIFOR) and professor of the undergraduate course in Nutrition at the University of Fortaleza. Former Counselor of the State Council of Food and Nutrition Security of Ceará (CONSEA). Graduated in Nutrition from the State University of Ceará (UECE), Master in Public Health from the Federal University of Ceara. Has experience in Nutrition, with emphasis on Collective Health, obesity. Qualitative Research.

Márcia Maria Tavares Machado

Sanitarian Pro-rector of University Extension of the Federal University of Ceara (UFC), since November 2012; Graduated in Nursing from the Federal University of Ceará (1985), Master in Public Health from the UFCCommunity Health Department (1999), PhD in Nursing in Community Health UFC And postdoctoral studies at the Harvard School of Public Health (2011). Consultant Member of National Health Network of Early Childhood. In 2016 he coordinated the Collaborative Field Course of Public Health, held in partnership with the Harvard School of Public Health, January 4-21, in Fortaleza – Brazil.