

A Project Report On T.V. viewing & Childhood Obesity



By

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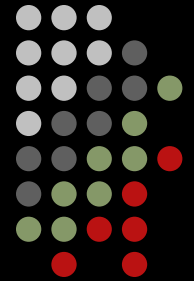
Introduction

- Overweight & obesity are important nutrition-related conditions in the Developed Countries and emerging conditions in developing countries like India
- Health professionals agree it is a chronic disease & associate it with other chronic conditions; including **CHD, type II DM, HT, dyslipidemia, gallbladder disease, respiratory disease.**
- About one in five children in the United States is now overweight.
- The number of overweight children 6 to 17 years of age has **doubled within three decades**
- **India is fattening too** according to recent individual studies conducted by Reddy, *et al* & Ramachandran, *et al*

Aims & Objectives

- To find out the prevalence of Childhood Obesity
- To know about the TV viewing habits of Children
- To evaluate the dietary habits of children undergoing the study
- To find relationship between TV viewing dietary habits & Childhood obesity.
- To find relationship between Parent's education & Childhood obesity

Methodology



- Study area:
 - L-Colony, Ojas Flats, Poonam Society, Satyakam Society, Shastri Park, Shraddha Appts., Subash Park, Tagore Park and Tapovan Society of Satellite Area, Ahmedabad
- Study population:
 - All Children Between 10 & 15 years of above societies in Satellite area
- Sample size:
 - 200 children
- Study Design:
 - Cross Sectional study

Methodology



- Study method:
 - Appropriate study population was selected (i.e. children between 10-15 yrs. of age), Detailed information was recorded on a preformed Performa, Collected information was compiled and analyzed and a comprehensive report was prepared.
- Statistical Analysis:
 - Z – Test (using SEP and SEM)
 - Mean
 - Standard Deviation
 - Chi – Square Test

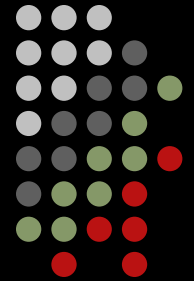
Methodology



- Study variables:
 - Sex
 - Educational status of Parents
 - Hours spent by children on various activities
 - Diet
- Resources:

Item	Required	Available	Net Needed	Cost
Human Resource	4	4	0	Nil
Weighing Scale	1	1	0	Nil
Measure Tape	1	1	0	Nil
Stationary	1 Packet	0	1 Packet	250
Computer Job work	1	0	1	1000

Time Line Chart



Search for Literature										
Submission of report										
Report preparation										
Preparation of Project file										
Analysis of data										
Collection of data										
Questionnaire preparation										
Clearance from Department										
	1	2	3	4	5	6	7	8	9	10

Weeks

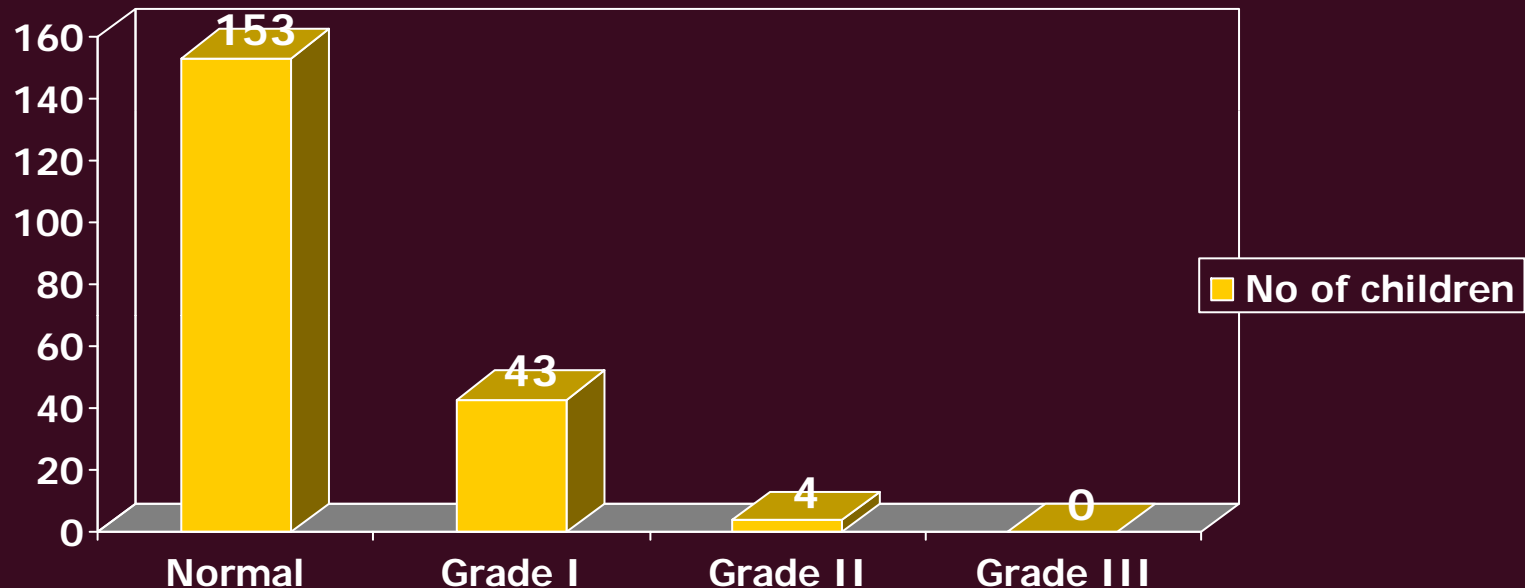
Observations

- Total children: 200 out of which 125 Boys and 75 Girls
 - All the children came from well-to-do families with educated parents
 - Out of 125 Boys 26.4% were found to be obese and the rest 73.6% were found to be within normal Limits. Out of 75 Girls 18.67% were found to be obese and the remaining 81.33% were found to be within normal limits
 - Most affected age groups are pre-pubertal (i.e. 10-11yrs.) and pre-teens (i.e. 14-15yrs.)
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Observations

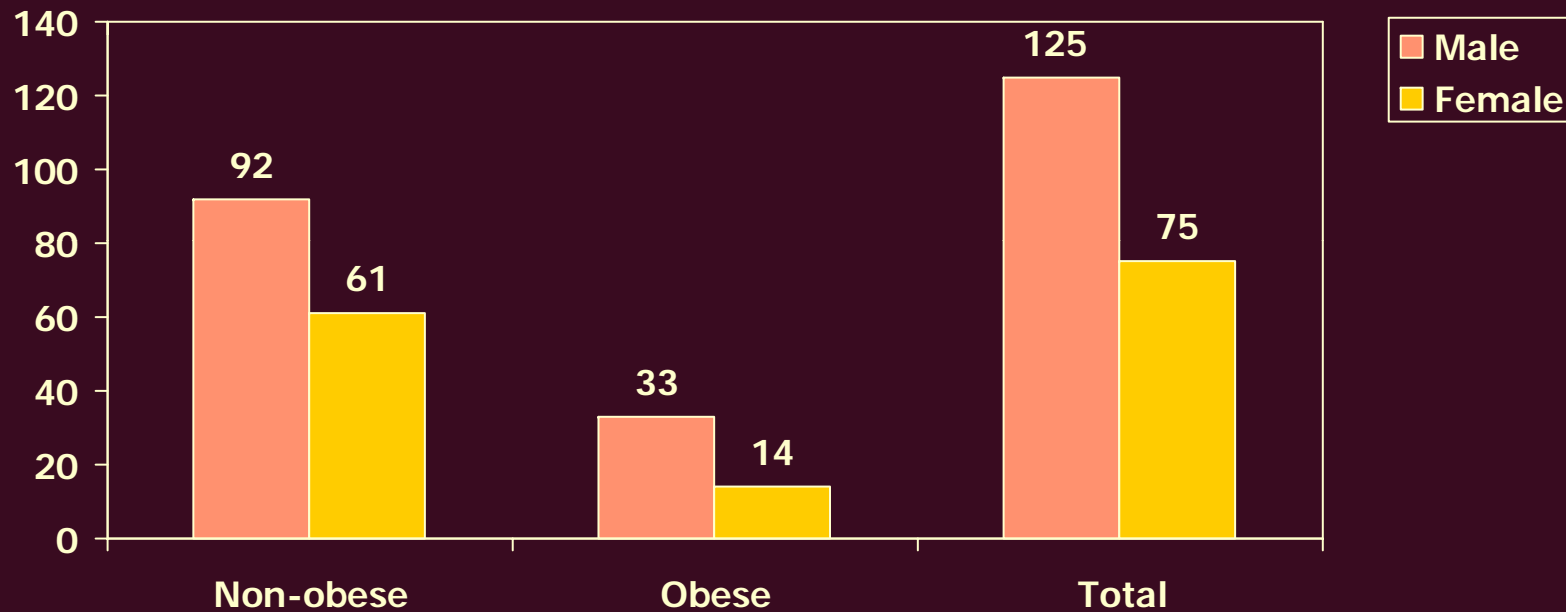
- Majority of Obese Children had their **mothers as housewives**
 - An obese child from our study consumes an average of **2900 Kcal/day** (i.e. an **excess of 18%**) out of which more than 30% come from consumption of **junk foods** like sandwich, fries, chips, etc. while watching T.V
 - While a **non-obese** child consumes an average of **2500 Kcal/day** (**excess of 2%**) of which 8% are consumed while watching T.V.
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BMI distribution profile of the study Population



- According to BMI standards, 76.5% of children examined are within the Normal BMI limits, 21.5% children are Grade I obese, 2% are grade II obese and 0% are grade III obese
- Majority of children are still in Grade I obesity i.e. BMI between 25 and 30
- Prevalence of childhood obesity is 23.5%

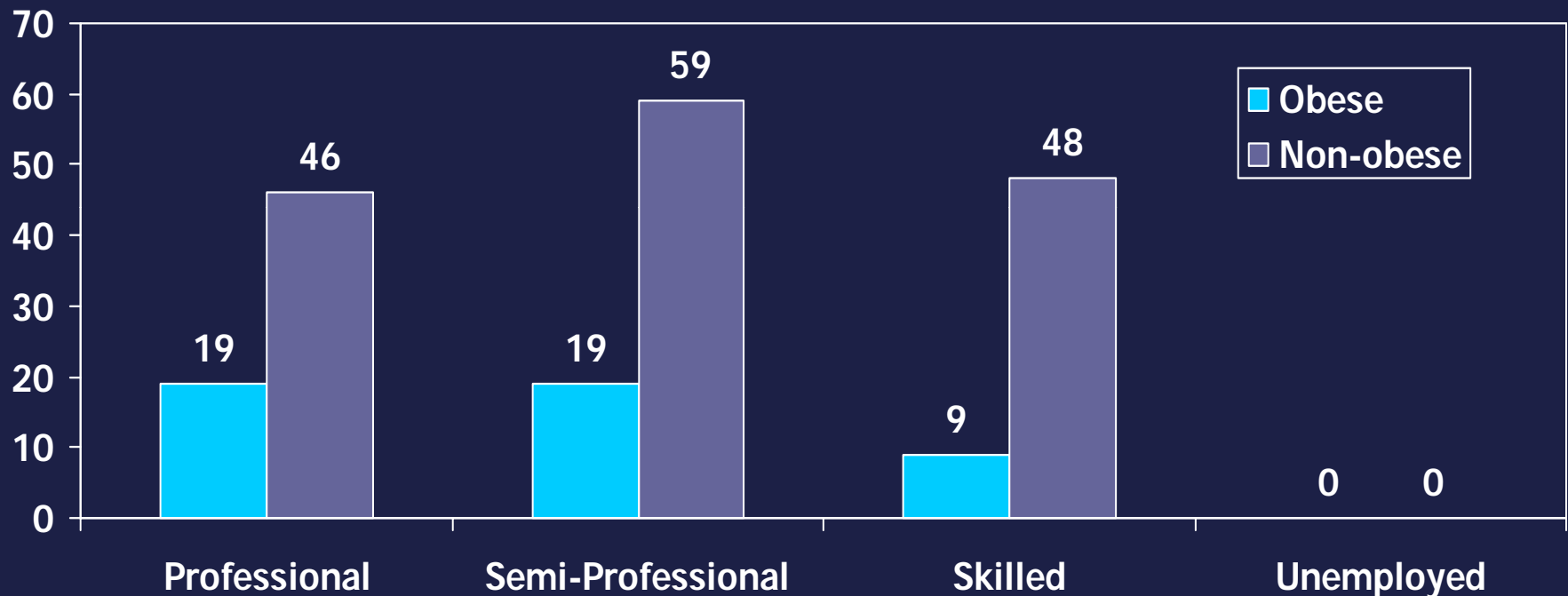
Socio-demographic profile of study group



Sex distribution of the study population

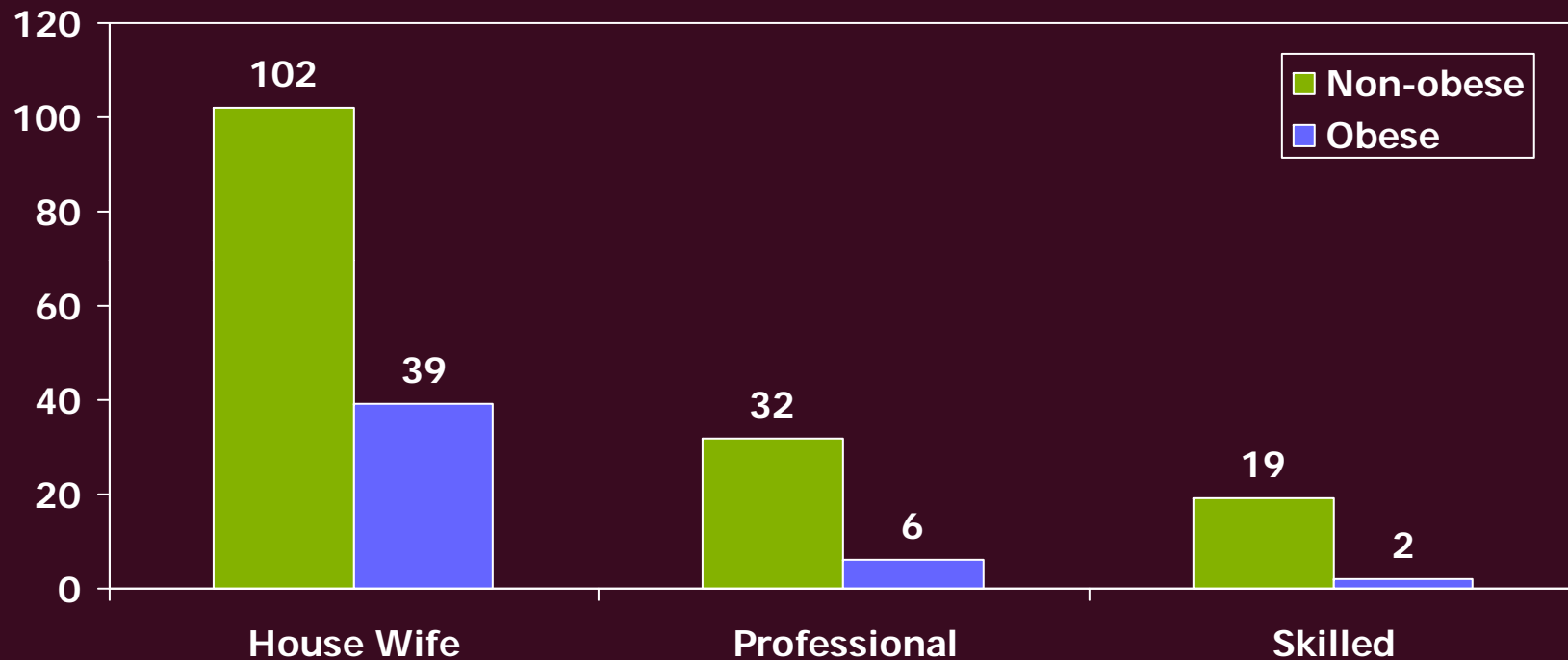
- Boys are more at risk for developing Obesity – having a chi square value of 1.56

Relationship with Father's occupation



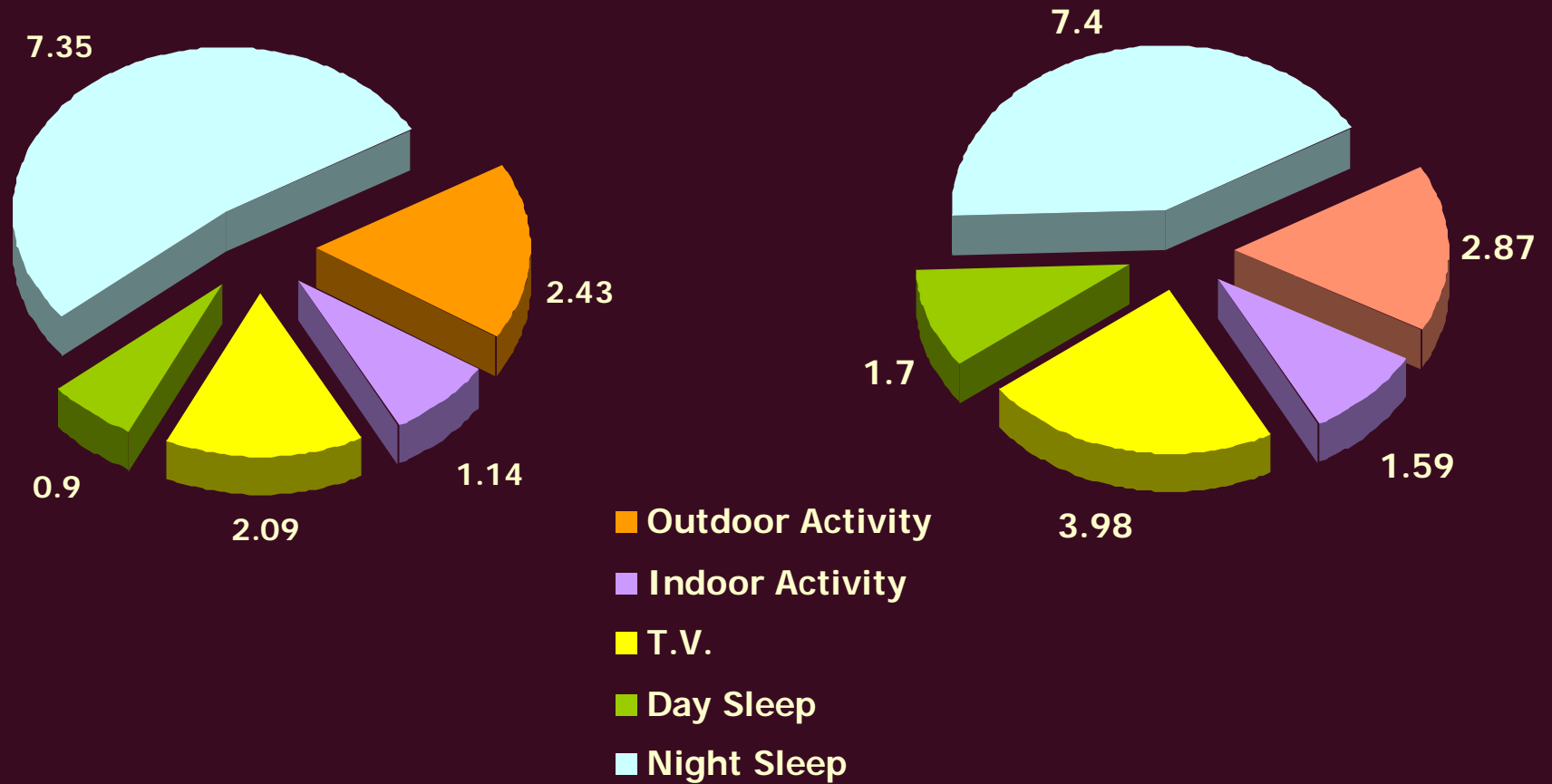
- Obese children are found amongst all economic classes, but incidence is high in children having fathers as professional or semi-professional workers

Relationship with Mother's occupation



- Incidence of obesity is high in families having mothers as **Housewives**. (Z-value = 2.58)
- This is partly to the common notion in India that a **"Fat child is a Healthy child"**

Mean time spent by an Obese child & a Non-obese child



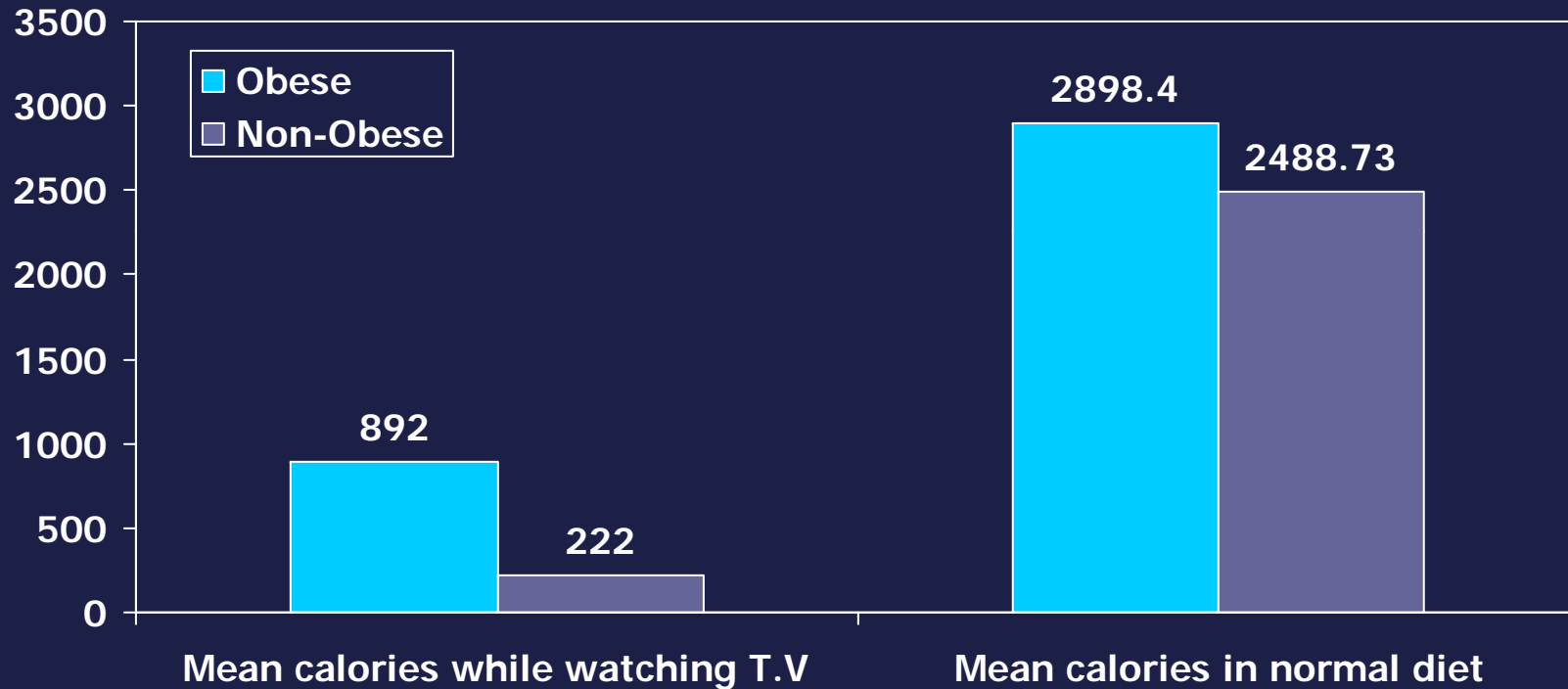
Non-obese child

Obese child

Mean time spent by an Obese child & a Non-obese child

Activity	Z-value	Significance
T.V.	13.99	Significant
Indoor Activity	4.17	Significant
Outdoor Activity	3.64	Significant
Day Sleep	5.58	Significant
Night Sleep	0.33	Not- significant

Mean calorie input in study group



- Majority of the excess calories consumed while watching T.V. came from junk foods like Chips, fries, fast foods, sandwich, etc.

Summary

- The epidemic of childhood obesity is emerging in India
- There is some definite relation between the TV watching habits and incidence of childhood obesity
- Boys are predominantly more affected than Girls

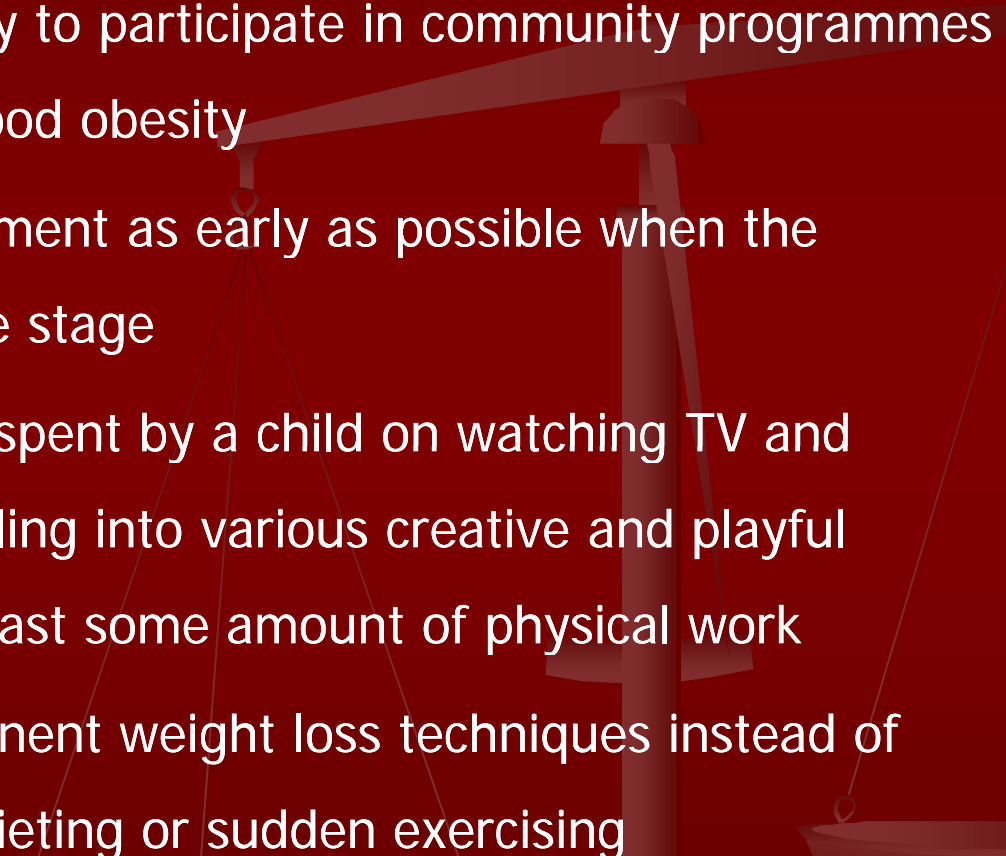
Summary

- Childhood obesity has **indirect** linking with the occupation of parents – with higher incidences in children having fathers with professional & semi-professional jobs & mothers as housewives
- One important observation is that most, if not all, children in the study group are still in the reversible category of obesity i.e. grade I obesity... This implies that the epidemic can be controlled right in its incubatory period

Conclusion

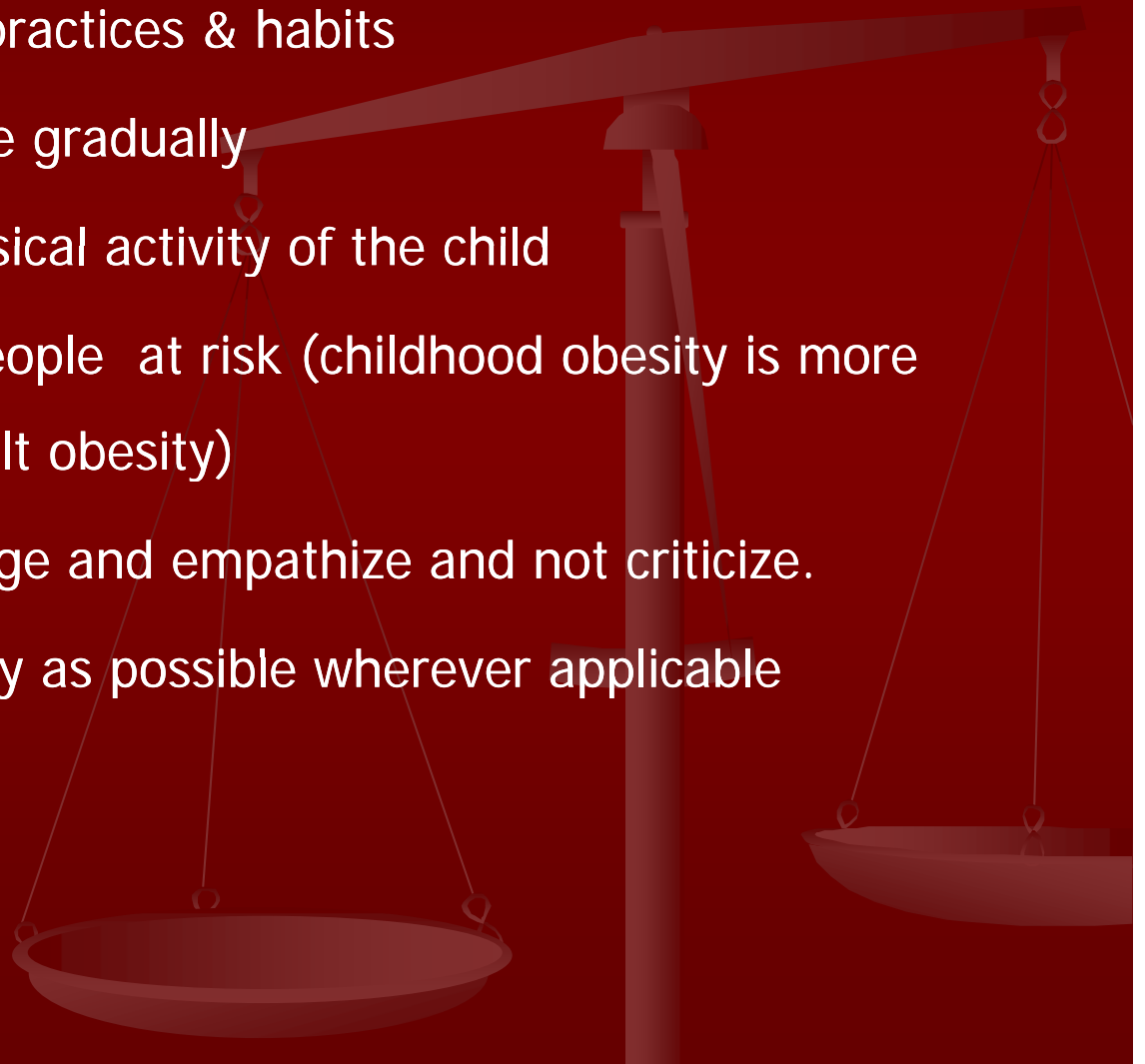
There is definite association between Childhood obesity and T.V.
watching habits of children

Recommendations

- Involving the whole family to participate in community programmes aimed at reducing childhood obesity
 - Give intervention or treatment as early as possible when the condition is in a reversible stage
 - Limiting the no. of hours spent by a child on watching TV and instead involving your sibling into various creative and playful activities demanding at least some amount of physical work
 - Adopt long term & permanent weight loss techniques instead of short term changes like dieting or sudden exercising
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Recommendations

- Adopting healthy eating practices & habits
- Limiting the Calorie intake gradually
- Encouraging gradual physical activity of the child
- Health education to all people at risk (childhood obesity is more easily reversible than adult obesity)
- Clinicians should encourage and empathize and not criticize.
- Medical treatment as early as possible wherever applicable





Thank You

