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Prevalence and factors associated to overweight and obesity of school children in Hanoi, Vietnam

Pham Thi Phuong Thuy¹, Yumi Matsushita², Dinh Thi Kim Lien¹, Do Van Thanh¹, Nguyen The Thanh², Nguyen Quoc Anh¹ and Hiroshi Kajio²

¹Bach Mai Hospital, Vietnam

²National Center for Global Health & Medicine, Japan

The aim of the study is to find out the risk factors that influence overweight and obesity, which will contribute to a recommendation to Vietnamese schools of an education program on healthy lifestyle and behaviors. The survey was conducted in January 2014, 821 students were selected from a total of 1417 from 2 urban districts in Hanoi, Vietnam. For identifying overweight and obesity of student, World Health Organization standard cut-offs are followed and predicted risk factors by using logistic regression analysis. We have found 4.1% prevalence of underweight, 59.7% normal weight, 16.9% overweight and 19.2% obesity. The family characteristics are increasing risk factors and are strongly associated with overweight or obese children; father overweight or obesity, the odd ratio (OR) 2.02 and 95% confidence interval (CI) 1.34-3.04; mother overweight or obesity (OR 2.83, 95% CI 1.51-5.30); one of parent obesity (OR 2.22, 95% CI 1.50-3.27) and both parent obesity (OR 6.59, 95% CI 1.28-33.87). Changes in lifestyle are decreasing risk factors and associated overweight or obese children. Weight-reducing exercises (OR 0.16, CI 95% 0.11-0.23), low food intake (OR 0.12, CI 95% 0.09-0.17), adding vegetables to diet (OR 0.26, CI 95% 0.19-0.35). The result proves family with overweight or obesity parent and children with high birth weight should be educated to prevent children at an early state. In addition, it is suggested that to reduce the prevalence of children overweight or obesity, the target for charging positive life style should be set by the students.

Biography

Pham Thi Phuong Thuy has completed her Master's degree on Public Health in 2012 from Mahidol University in Thailand. She works as an Epidemiologist and Program Coordinator in NCGM-Bach Mai Hospital Medical Collaboration Center, Hanoi, Vietnam. She has published 5 papers in international journals with peer reviewers and 1 in domestic journals. Her research interests are on life style diseases.

pphuongthuy72@gmail.com

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