

**CHILDHOOD OVERWEIGHT/OBESITY AND ITS  
ASSOCIATED FACTORS AMONG PRIMARY  
SCHOOL CHILDREN IN TAUNGGYI**

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## ABSTRACT

Childhood obesity is an emerging public health problem in both developed and developing country. School based comparative cross-sectional study was conducted in three Basic Education High School in urban area of Taunggyi during September to December 2017. The aim of this study is to compare the dietary patterns of overweight and normal weight primary school children. A total of 220 students were studied: 97 from Grade III and 123 from Grade IV. They comprise 110 overweight students and 110 normal weight students. Among them 53% were boys and 47% were girls. They were interviewed using pretested structured questionnaire including socio-demographic background, meal consumption and consumption of snack food, fruits and vegetables. More than 55% of children were 9 year old and mean aged of children was 8.67 year. The major ethnicity was Bama (79, 35.9%) followed by Shan (44, 20%), Chinese (37, 16.8%) and the other (60, 27.3%). The 32.7% of mother (72) were dependent and 83.6% of fathers (188) were work outside home. Only 2.7% (3) in overweight and 1.8% (2) in normal weight consumed main meal 4 times per day, 19.1% and 11.8% was 2 times and 78.2% and 86.4% was 3 times respectively. In overweight children the most frequent missed meal was dinner (7.7%), breakfast (4.5%) and lunch (0.9%) and in normal weight children the most frequent missed meal was breakfast (3.6%), dinner (2.7%) and lunch (0.5%). There was significant association between skipping dinner and overweight ( $p=0.015$ ). Most of the children got pocket money and only 5.9% and 6.4% did not get pocket money in overweight and normal weight children. Most of the children ate snack 1-2 times per day. Children who consumed snack food at school 2 or more times per day had 1.34 times increased risk of having overweight/obese than children who consumed snack food at school 0-1 times per day (95% CI:0.79, 2.28). About 50% of children were played physical activity less than 5 days per week. Children who did physical activity less than 5 day/week had 1.44 times the risk of getting overweight/obese than who did physical activity more than or equal to 5 day/week (95% CI:0.85, 2.45). In conclusion, meal irregularity was significantly associated with childhood overweight/obesity. Health care professionals should give the nutritional education about balanced diet, consumption of vegetables and fruits, the importance of regular taking of meal and benefits of doing physical activity to primary school children.