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### **A Study to Assess the Knowledge on Life Style Practices Among Obese Adolescent School Children at Selected School in Puducherry**

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#### **ABSTRACT**

Obesity is a major contributor for many of the non communicable diseases even it attributes for increasing of middle age mortality of the society. This prevalence of obesity is unique challenge to health care providers. The main aim of the study are to assess the prevalence of obesity among school going adolescents , to assess the knowledge of life style practices among adolescents to find out the relationship between the knowledge and specific demographic variables. The study was conducted at selected school of Pondicherry. There were 210 subjects selected for the study by convenient sampling technique. The results of the study revealed that it was identified as 100 subjects were obese among which 74 subjects were observed to have inadequate knowledge, 18 subjects were having moderately adequate knowledge and it was surprising to notice that 8 subjects were having adequate knowledge

**KEY WORDS:** Assess, Knowledge, adolescent, life style practices, obesity.

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## **INTRODUCTION**

India has the second highest number of obese children in the world after China<sup>1</sup>. Doctors say identification of obesity in children is the main issue as often parents think a chubby child is a healthy child.

One half of all overweight or obese children lived in Asia and one quarter lived in Africa.. Paradoxically , overweight and obesity is found in populations where under nutrition remains common- the term double – burden of malnutrition is sometimes used to describe these set – things”<sup>1</sup>.

A study published in pediatric obesity says India will have over 17 million children with excess weight by 2025. Quoting the WHO document, IMA national president K.K.Aggarwal said that the prevalence of obesity in children reflects changing patterns towards unhealthy diets and physical inactivity and also said that urbanization, increased income, availability of fast foods, educational demands, television viewing and gaming have led to a rise in the consumption of foods high in fats, sugar and salt and low physical activity <sup>1</sup>.

Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. It is considered a problem only in high income countries. Overweight and obesity are now dramatically on the rise in low and middle income countries, particularly in urban settings and childhood obesity is one of the most serious public health challenges of the 21<sup>st</sup> century<sup>5</sup>.

Overweight and obesity are linked to more deaths worldwide than underweight. Most of the world’s population live in countries where overweight. Due to urbanization and adaptation to western lifestyle practices, overweight and obesity slowly becoming a major burden for the developing countries<sup>3</sup>.

## **STATEMENT OF THE STUDY**

A study to assess the knowledge on life style practices among obese adolescent school children at selected schools in Pondicherry.

## **OBJECTIVES**

1. To assess the prevalence of obesity of school going adolescents
2. To assess the knowledge on life style practices of obese adolescent school Children.
- 3 To associate the knowledge with selected demographic variables.

## **ASSUMPTIONS:**

1. Adolescence are the vulnerable groups exposed to fast food, soft drinks, junk foods, interest in playing video game, seeing TV at same place for long period. This may lead to obesity.
2. Adolescence will have in adequate knowledge about obesity and life style practices.

## **DELIMITATIONS OF THE STUDY:**

- ✦ The selected school of Pondicherry only selected for the study and
- ✦ Adolescence between the age group of 13-19 years were only included for the study.

## **METHODOLOGY OF THE STUDY**

There were 210 adolescent students from 7<sup>th</sup> to 12<sup>th</sup> standard were selected from selected higher secondary school, Pondicherry and samples were selected by convenient sampling technique after obtaining permission from educational department and school authority who fulfills inclusion criteria. Quatitative research approach and descriptive design was used in the study. The inclusion criteria of the study are School Children between the age group 13-19years from 7<sup>th</sup> to 12<sup>th</sup> Std, adolescent who were willing to participate in this study and adolescents who were able to understand both Tamil and English Language. The exclusion criteria of the study are adolescent school children who were in the 6<sup>th</sup> standard class, the students those are not present during data collection period and students those are not mentally healthy.

## **DATA COLLECTION**

Written informed consent was obtained and the inclusion criteria was verified prior to beginning the session. The researcher developed self structured questionnaire after the suggestions of experts and extensive reviews. The questionnaire consists of two sections – section A with demographic variables such as age sex, standard, educational status of mother and father family income and type of family, This section also includes height, weight and BMI to assess the prevalence of obesity and section B includes 9 major items which again includes 25 questions totally to assess the knowledge on life style management. The knowledge score was arbitrarily classified as adequate, moderately adequate and inadequate knowledge.

## **RESULTS AND DISCUSSION OF THE STUDY**

Among 210 adolescents enrolled, maximum 119 adolescents were between 10 -13 years of age, 119 adolescents were between 13 – 16 years of age and 91 were having the age of above 16. Regarding gender 140 adolescents were male and 70 were female. About the education, 74% of

fathers were illiterate, 64% and 62% of fathers had undergone primary and secondary school education respectively and mothers education were also same like fathers education

Then on family income, 148% of adolescents families were having the income below 5000/month,41% of families were having monthly income between 5001 – 10,000/ month and others were getting the income between 10,001 -15000/ month.

Almost near half percentage (48%) were identified as obese which is similar to the study done by Fernandas et al <sup>8</sup>and Lakes and Burkart indicated that there is a rising trend in prevalence of obesity and overweight in Indian adolescent children (Table- 1)

**Table No. 1: Prevalence of obesity**

Items	Frequency	Percentage
Obese	100	48
Non obese	210	52

In respect of knowledge, three fourth of the adolescent (74%) had inadequate knowledge and 18% had moderately adequate knowledge ( Table- 2). Such similar results has been demonstrated in the earlier study by ( only 15.4% were identified with good knowledge among 574 adolescents) Elstin Anjalin D Souza & Erna Judith Roach<sup>2</sup> ( 2014).

**Table No. 2: Knowledge on life style practices of obese adolescents**

Category	Knowledge					
	Inadequate		Moderately adequate		Adequate	
	Frequency	percentage	Frequency	percentage	Frequency	percentage
Obese	74	74	18	18	8	8

In further, analysis of the knowledge was done based on the item wise , it was observed that the maximum no of subjects had inadequate knowledge on the items like risk factors (76%), ill effects of health due to obesity ( 26%),benefits of eating vegetables regularly (56%),knowledge on junk foods (54%) and knowledge on exercise(72%), causes ( 83%) and knowledge on diagnostic test (97%) except the item in which there are more no of subjects had adequate knowledge BMI (63%) than the no of subjects who had inadequate knowledge which is again surprising to know. Similarly the same results area where there is low knowledge has been reported by Elstin Anjalin D Souza & Erna Judith Roach<sup>2</sup>, 2014.

The level of significance, P value was considered statistically significant at the level of 0.05.  $X^2$  calculated value showed that was statistically significant association with all demographic variables

### **LIMITATIONS OF THIS STUDY ARE:**

The study does not include students from 6<sup>th</sup> grade since some of the students age falls below 13.

### **CONCLUSION**

Increasing incidence of life style disorders among Indians attributes by unhealthy life style practices like poor dietary pattern, inadequate physical activity etc. The present study is able to demonstrate and showing need of education regarding life style practices and reduction of obesity. Hence adolescents' school children need more awareness on life style practices.

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