

UNIVERSITI TEKNOLOGI MARA

**AWARENESS ON CHILDHOOD OBESITY
AMONG PARENTS IN PUNCAK ALAM
RESIDENTIAL AREA**

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**Dissertation submitted in partial fulfilment of the
requirements for the degree of Bachelor of Pharmacy (Hons.)**

FACULTY OF PHARMACY

2015

ACKNOWLEDGEMENT

First and foremost, I praised to Allah SWT, the most gracious and the most merciful for having me successfully completed this dissertation as partial fulfillment of the requirements for the degree of Bachelor of Pharmacy (Hons.), Faculty of Pharmacy, UiTM. I would like to thank my supervisor, Mr. Muhammad Anwar Nawab Khan for his patience, motivation and guidance upon completion of this study.

Besides that, I would like to thank my family and parents, Nasaruddin b. Mohd Dan and for their encouragement, advice and supporting me spiritually throughout this study. Other than that, a sincere gratitude to the lecturers, staff of Faculty of Pharmacy, my research partners, Nurladaina bt Ibrahim, my course mates and everyone who helped and supported me directly or indirectly during this study.

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ABSTRACT

Obesity is an abnormal state, where excess body fats are accumulated in the body. Obesity lead to negative effects on health issues such as appearance and psychology of the person. The rising cases of obesity among childhood ages in all over the country over the past thirty years shows that childhood obesity is a globally serious issue. The study assessed the awareness and knowledge of parents on childhood obesity, the most common factors of childhood obesity and the eating habit of children in Puncak Alam residential area. A cross-sectional study has been conducted to 401 samples of parents in Puncak Alam residential area. The response rate was 94.4 %. Data were analyzed by using Microsoft Excel and Statistical Package of Social Sciences (SPSS) which include Pearson Chi-Square test and frequency analysis. Distribution of questionnaire were highest in tertiary level of education of mother (68.5 %) and father (61.5 %) compared to primary level of education of mother (7.0 %) and father (11.2 %). Majority of the respondents (53.4 %) were highly concerned about their children's weight. Respondents with tertiary level of education tend to be more concerned compared to primary and secondary level of education. Highest percentage of respondents knows that both nutrition and physical activity was important (56.4 %). Most respondents know the factors contributing the childhood obesity as they were disagree to let the selection of food by their children and eating snacks habit. 52.4 % of children get exercise less than 2 times in a week and 15 % of children do not exercise at all. Mostly children go to school by car. Eating habits of children identified were unhealthy diet, skipping breakfast, watch TV during meals and wrong choice of food. Most parents have an awareness and knowledge on childhood obesity. However, respondents need to monitor their children's lifestyle because most of the children were having less physical activity and unhealthy eating habits.

CHAPTER 1

INTRODUCTION

1.1 Background

Obesity is an abnormal state, where excess body fat is accumulated in the body. Obesity lead to negative effects on health issues such as appearance and psychology of the person (WHO, 2014). Childhood obesity can also be defined as a BMI obtained which is at or above the 95th percentile for children of the same age and sex (CDC, 2014). According to WHO growth chart, childhood obesity can be defined as the values less than 3 SD (de Onis et al, 2010). Oxford Dictionaries stated that childhood is a state or period of being a child. Childhood age ranging from births to 18 years old when they are legally adult (Oxford Dictionaries, 2014). According to definition of the child made by Unicef in Article 1, person below the age of 18 are categorised as a child except for the standard legal age for adulthood younger that is set by certain country (Unicef, 2000). The rising cases of obesity among childhood ages in all over the country over the past thirty years shows that childhood obesity is a globally serious issue (Lazzeri et al, 2014). Nowadays, childhood obesity is a worldwide epidemic health threat to the children. Toshke perceive that overweight and obesity as the most serious eating and nutritional disorder in developing countries throughout the world (Toschke et al, 2005).