

EVALUATION OF WEIGHT CONTROL TRAINING ON KNOWLEDGE AND PRACTICE OF OVERWEIGHT PRIMARY SCHOOL CHILDREN

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This study aimed to evaluate knowledge and practice in weight control among overweight primary school children. It involved 51 overweight children and their parents. The children age averaged 10 years. Means of their body mass index and the percentage of standard weight for height were 25.37 kg/m² and 149.01. The intervention was a two-day workshop training that helped them aware of the effect of obesity and how to adjust their food consumption and exercise behavior. The data were collected by questionnaires. The results showed that after weight control workshop training the children's knowledge and practice scores were increased significantly (P<0.05, P<0.01) Eighty-two percentages of their parents had good knowledge in weight control. Most of them (80%) believed that their children were able to lose weight. It can be concluded that this workshop training could effectively help the overweight children and their parents gain knowledge and practice in weight control which leads to prevents obesity in children.

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