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Dietary pattern and anthropometric parameters of obese adolescents and their mothers.

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Childhood obesity is recognized as one of the most serious global problems in the health system for the 21st century. According to the official websites of the WHO, to be overweight from 20 to 40% of a children's world's population. In Ukraine, registered annually 18-20 thousand new cases of obesity in children and adolescents. Overweight is associated with the development of chronic cardiovascular problems in adults.

***Research objective***: The identify the relationship between anthropometric parameters and dietary pattern of obese adolescents and their mothers.

Methods: It is examined the 20th adolescents aged from 10 to 17 y.o.

We studied patients' history and dietary patterns by original questionary. All adolescents and their mothers was evaluated anthropometric parameters: body height, weight, body mass index, waist circumference, hip circumference, waist-to-hip ratio. To assess overweight or obesity body mass index (BMI) was calculated. BMI within 50-85 was estimated as normal, 85-97th percentile as overweight, and more than 97 as obesity.

Results:

It was found that most of the families did not keep the healthy diet. Regular meals was (with a some regimen were present) in 60% of patients, while breakfast was present in 40% of patients, lunch at 58%, dinner and late dinner (after 21 hours) at 100%. About half of children and their families were prone to a lot of consume sweets and bakery between main meals. 90% had the experience of visiting various fast-food establishments more than three times a week. 100% of the patients regularly consumed various sweet beverages. It is revealed that the parents supported this style diet. Dietary pattern of parents in relation to the main meals and snacks was to the style of children. When conducting interviews it was found that parents didnʼt have a clear idea about dietary healthy diet, and tend to exceed the portion of serving meals. Children regularly had a snacks while playing on the computer or watching TV. It was regularly accompanied by the late going to bed and difficult morning awakening.

Mothers of examined children revealed abdominal obesity, combination obesity with hypertension it was also found the presence in 30% of them. Of type 1 and 2 diabetes in 25% of family members.

Conclusions:

1. Dietary patterns of obese adolescents and their mothers were similar without keeping principles of healthy diet.
2. Maternal obesity is present in majority of cases and was combined in 30% with hypertension
3. It is necessary to conduct some trainings concerning diet healthy for families with an overweight as obese members.