

**ASSESSMENT OF OVERWEIGHT AND OBESITY IN
PRIMARY SCHOOL CHILDREN IN
THAINGUYEN CITY, VIETNAM**



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for the Degree of Master of Public Health in Health Systems Development**

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in Thainguyen city, Vietnam

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ABSTRACT

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NGUYEN THI TO UYEN: ASSESSMENT OF OVERWEIGHT AND OBESITY IN PRIMARY SCHOOL CHILDREN IN THAINGUYEN CITY, VIETNAM. THESIS ADVISOR: ASSISTANT PROFESSOR NUNTAVARN VICHIT-VADAKAN, M.S., M.P.H., Dr.P.H., 94 pp. ISBN 947-9599-41-1

Overweight and obesity in children are major public health problems in most developed countries and are on the rise in many developing countries. Previous studies in Vietnam have also indicated that problem of overweight and obesity in children existed in big cities, such as, Hanoi, Ho Chi Minh and Haiphong. Moreover, the problem may also be occurring in semi-urban cities in Vietnam. This study was conducted in Thainguyen city to identify the prevalence and determinant factors related to overweight and obesity in primary school children. Four hundred and sixty children aged 9-10 years and their parents participated in this study.

The results indicated that prevalence of overweight and obesity in primary school children aged 9 and 10 was 11.5 % in Thainguyen city, which was lower than other cities, such as, Hanoi and Ho Chi Minh. This study also found out that there were statistically significant associations between overweight and obese children and BMI of mothers, BMI of fathers, practice of mothers, physical activities and attitude of children.

This study indicate that, overweight and obesity are prevalent in primary school in Thainguyen city, Vietnam and both genetic and environmental factors influence overweight and obesity among school children aged 9-10 years.

Field of study: Health Systems Development

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ACRONYMS AND ABBREVIATIONS

| | | |
|--------|---|--|
| BMI | : | Body Mass Index |
| CVD | : | Cardio Vascular Disease |
| CNCD | : | Chronic Non-Communicable Disease |
| GDP | : | Gross Domestic Product |
| KAP | : | Knowledge, Attitude, Practice |
| NHANES | : | National Health and Nutrition Examination Survey |
| NIN | : | National Institute of Nutrition (Vietnam) |
| SES | : | Socio- Economic Status |
| WHO | : | The World Health Organization |
| CDC | : | Central for Diseases Control and Prevention |