

Background

Among all risk factors of chronic noncommunicable diseases, obesity is the greatest concern [1]. Kazakhstan also does not lag behind world trends. There is an increase in the number of children with overweight and obesity [2,3]. The role of parents is extremely important for maintaining children’s weight in norm [4-7]. Children's awareness depends on parents' awareness, use of available resources, influence on the formation of the right skills in children, so we conducted a survey of parents of children with normal weight and obesity.

Aim

To determine the level of awareness among parents of children with normal weight and obesity regarding healthy diet and consequences of obesity.

Materials and methods

A survey was conducted among parents of children of both sexes 9-10 years old with normal weight and obesity.

parents of children without obesity	parents of children with obesity	Total
80	80	160

References

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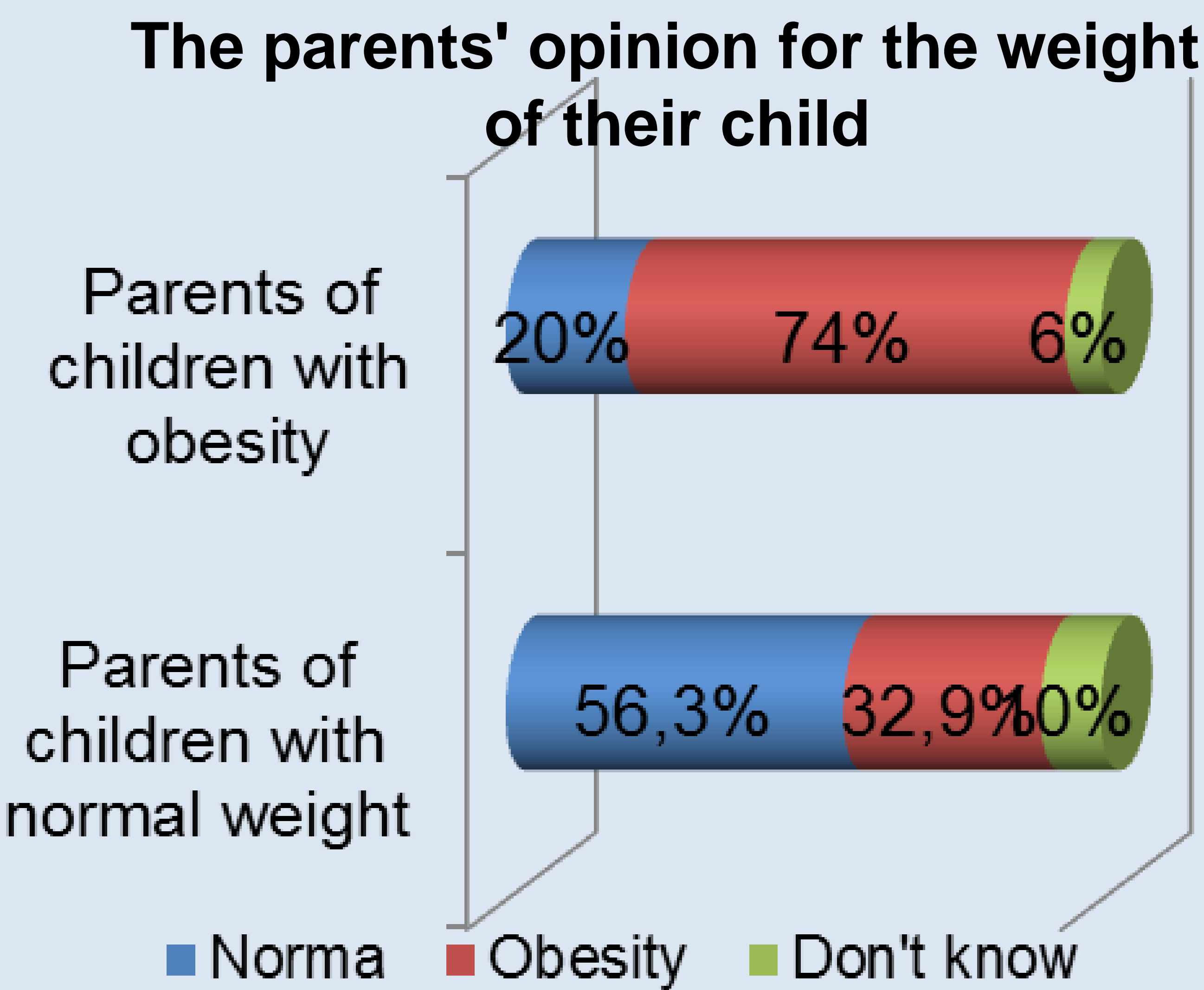
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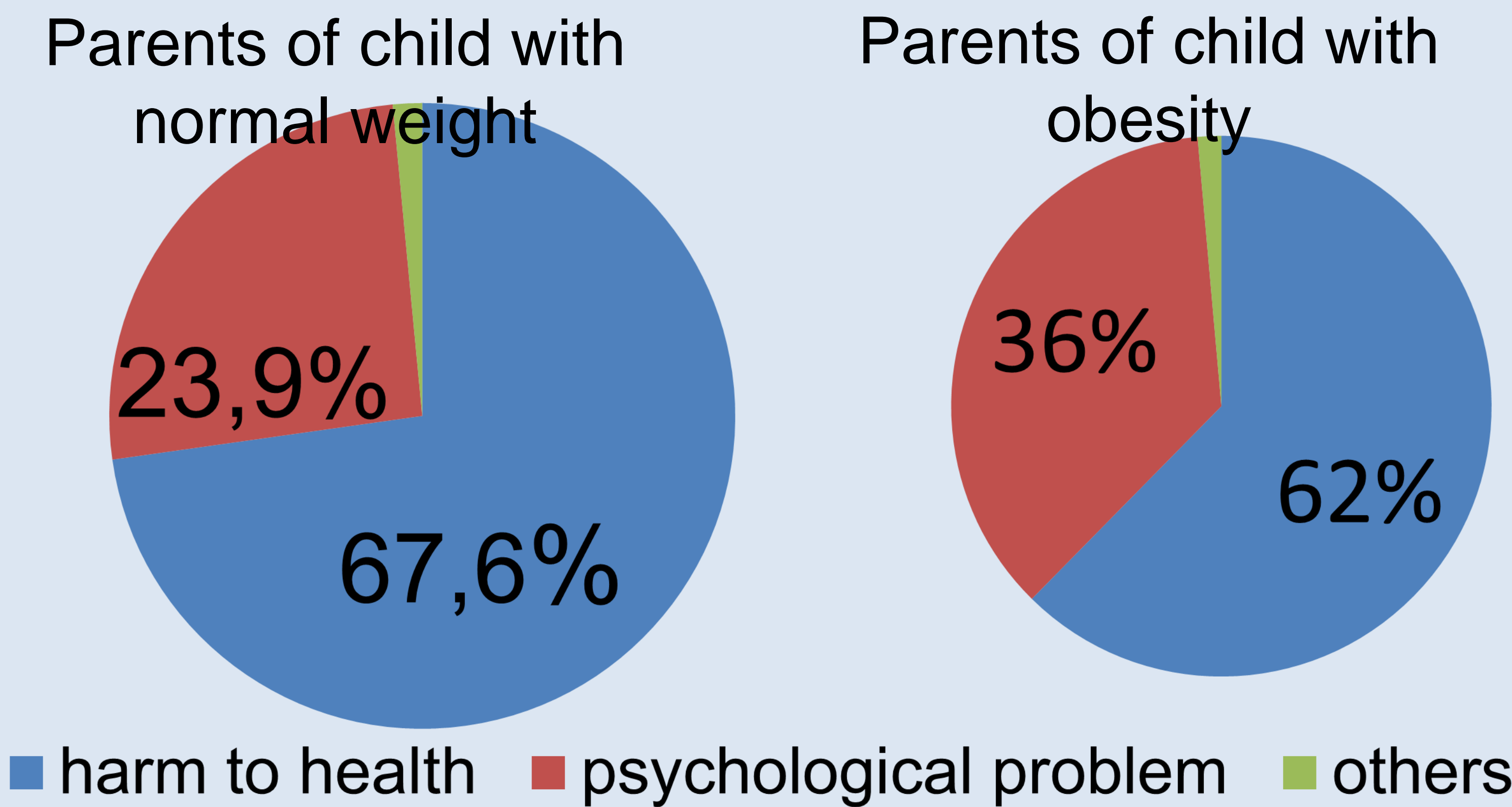
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74% of parents of children with obesity understood that their child had overweight. But another 20% of parents believed that their children had a normal body weight. 32.9% of parents of children with a normal weight suspected that their child had overweight.

Parents of children without obesity (70.4% vs. 66%) were more likely to read the information on the package (composition, shelf life); Admitted that they never read only the parents of children with obesity (6%), and sometimes read - 28% of each group of parents.

Reasons for the weight normalization in the child with overweight



Respondents whose children didn’t have obesity admitted such a need to normalize the weight of the child with overweight because of harm to health (67.6%) and psychological problems (23.9%).But the number of parents of children suffering from obesity was– 62% and 36% respectively.

Conclusion

Parents of children with normal weight were more critical about the weight of their children and also paid more attention to the qualitative composition of food. The level of awareness about the risks of chronic noncommunicable diseases didn’t differ significantly between the two groups of parents.