

Parental opinion regarding healthy weight screening/counseling for their children by dentists

Amjad H Wyne*, Faisal M. Al-Aloula, Bander A. Al-Naiem

King Saud University College of Dentistry, Saudi Arabia

Abstract

Background: Dentists' involvement in early identification/prevention of obesity in children has been noted. However, parental opinion on healthy weight screening/counseling by dentists has not been ascertained. **Aim:** To obtain parental opinion regarding healthy weight screening/counseling during dental visits for their children. **Methods:** A sample of children attending King Saud University College of Dentistry Clinics was selected. A form/questionnaire was used to record height/weight data, history of body weight counseling and parental opinion on healthy weight screening and counseling during dental visit. **Results:** A total of 61 children, 35 (57.4%) male and 26 (42.6%) female were selected for the study, with mean age of 7.9 (SD 1.7) years. Approximately one in five (21.3%) children was found to be overweight and one in ten (11.5%) was obese. Most (88.5%) of the parents found the healthy weight screening and counseling for their children valuable. Three-fourth (75.4%) of the parents endorsed the healthy weight screening/counseling during the dental visit. There was no significant ($p > 0.05$) difference in parental approval of healthy weight screening during dental visit in terms of their child's weight status. **Conclusion:** Most parents found healthy weight screening and counseling to be valuable, and endorsed its administration during dental visits for their children.

Biography

Amjad Wyne completed his Masters in Pediatric Dentistry from the University of Adelaide, South Australia in 1990. Dr. Wyne has published more than 100 papers in reputed journals. He has served in Advisory Board of "Community Dentistry & Oral Epidemiology". Dr. Wyne is at present exploring possible role of dental profession in early identification and prevention of overweight/obesity. Dr. Wyne is currently Professor of Pediatric Dentistry and Program Director for Graduate Program in Pediatric Dentistry at King Saud University College of Dentistry.