

**OBESITY AND RELATED FACTORS AMONG STUDENTS
GRADE 7 – 12 IN PHUTTHA MONTHON DISTRICT,
NAKHON PATHOM PROVINCE, THAILAND**



**A THESIS SUBMITTED IN PARTIAL FULFILLMENT OF
THE REQUESMENTS FOR THE DEGREE OF
MASTER OF PRIMARY HEALTH CARE MANAGEMENT
FACULTY OF GRADUATE STUDIES
MAHIDOL UNIVERSITY**

2008

COPYRIGHT OF MAHIDOL UNIVERSITY

**OBESITY AND RELATED FACTORS AMONG STUDENTS GRADE 7 - 12 IN
PHUTTHA MONTHON DISTRICT, NAKHON PATHOM PROVINCE, THAILAND**

NGUYEN THANH 5038005 ADPM/M

M.P.H.M. (PRIMARY HEALTH CARE MANAGEMENT)

THESIS ADVISORS: WIRAT KAMSRICHAN, Ed.D., JIRAPORN CHOMPIKUL,
Ph.D.

ABSTRACT

Obesity is a worldwide epidemic. In Thailand, with a rapidly changing society, obesity prevalence is increasing dramatically both in adult and children.

A cross-sectional study was conducted in Phutha Monthon district, Nakhon Pathom province, Thailand in 2008. The objective was to determine the prevalence of obesity and its related factors among students grade 7-12. Two hundred and thirty students were selected by multi-stage cluster sampling with proportional size. Student anthropometry was measured by the researcher and a questionnaire was used to assess factors related to obesity.

The study revealed that the prevalence of obesity among the sample was 8.7 %, fat was 6.04 % and slightly fat was 5.65%. Paternal occupation had a significant relationship to obesity status. This revealed indirectly that family income had an association with obesity. There was no significant association between gender, parental marital status, parental education level, birth order and obesity. The result showed that students who ate fruits more than three times per week were 3.69 times more at risk of obesity than those who ate fruits less than or equal to 3 times per week (adjusted odds ratio: 3.69, 95% CI 1.04-13.13). Other food consumption such as fast food, fatty food, was not significant association with obesity. Physical activities and nutritional knowledge were also found to be not significant factors in this study. There was no significant difference of time spent in watching TV, passive entertainment activities between the obese and non obese group.

The large potential for obesity to develop is alarming. Obese and fatty students needs to be monitored closely. This study has produced result that contradict many previous studies so the results need to be treated with great care and unless further research confirm them. The common method of avoiding obesity such as promoting healthy food and physical activities should be continued.

KEY WORDS: OBESITY/ EATING HABIT / PHYSICAL ACTIVITY

93 pp.