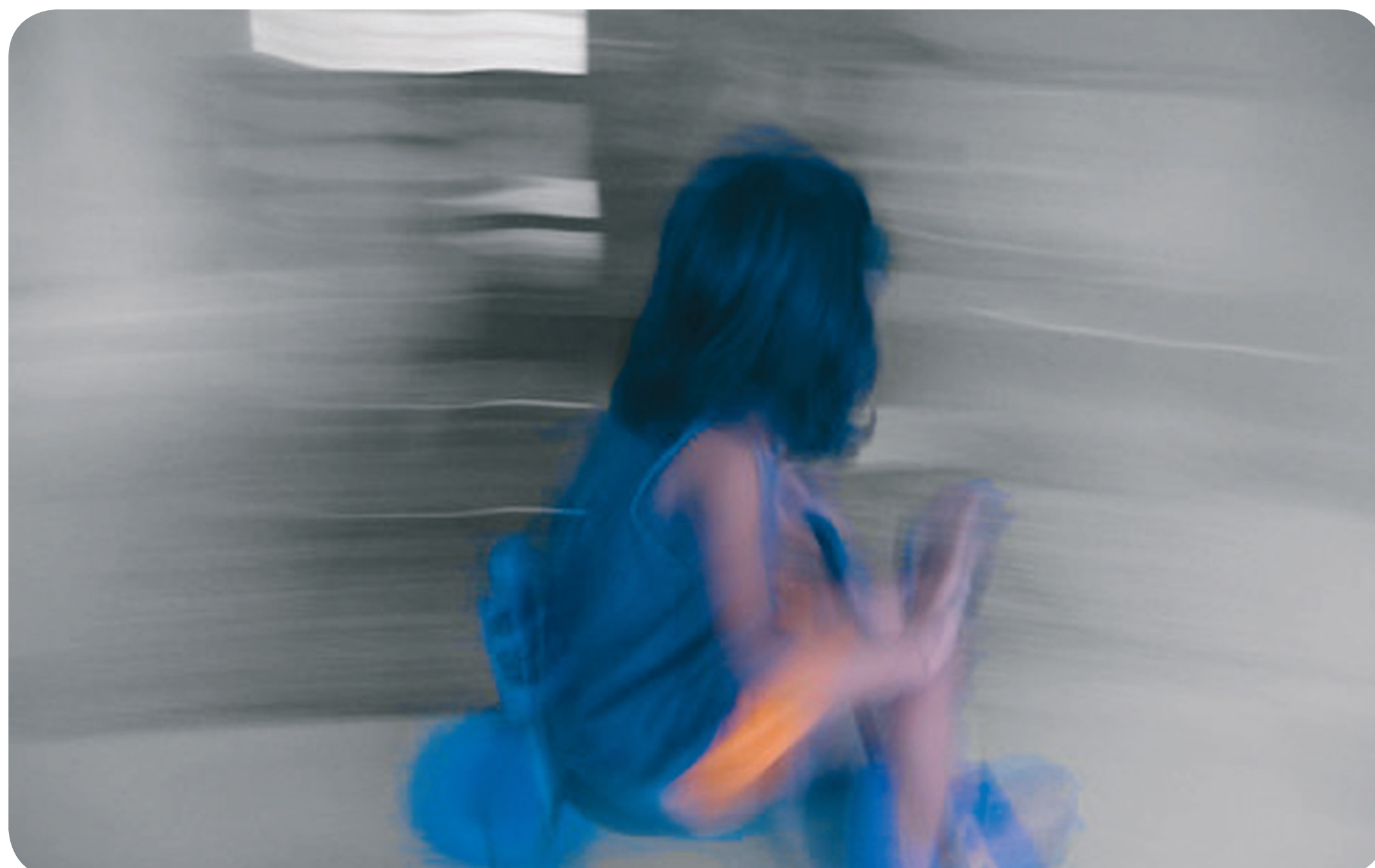


Lower self-perceived competence and less favourable body image in overweight school children

Göran Ejlerstsson, Ann-Christin Sollerhed, Kristianstad University, Sweden

Conclusion

- To be successful, school intervention aiming at reducing overweight must include physical activity but also complementary activities such as eating and nutrition habits.
- The knowledge that overweight children are aware of their limitations concerning competence and body image must be taken into consideration when planning school activities.
- Encouragement, self-confidence and empowerment are important catchwords.



Background

Physical inactivity in combination with bad eating and nutrition habits have been linked with overweight. In a Swedish school project one intervention school has introduced increased physical activity while another school has been used as a norm school. Being a part of a bigger project, this poster presents the development of overweight, and the association between overweight and different variables, including attitudes and behaviour.

Methods

Study group: 241 children 7–12 years at baseline (2000), and 205 children at follow-up (2003) from a traditional Swedish rural area with no immigrants. The participation rate was 98–99%.

Questionnaire data: included various aspects of health, attitudes, behaviours, relations and lifestyle factors.

Anthropometric measures: weight and height, constituting BMI, Body Mass Index. Cut off points for overweight are according to Cole et al 2000.

Statistical methods: A logistic regression model including 180 children aged 8–12 at the follow-up investigation.

Results

- The percentage of overweight increased from 20% to 27% among boys, and from 20% to 32% among girls, with no differences between the intervention school and the norm school.
- Overweight children differed in few respects from children with normal weight concerning attitudes, behaviours, relations etc. The only ...
- ... variables significantly related to overweight in the logistic regression model were
 - lower self-perceived competence in physical education (OR=6.5),
 - lower self-perceived competence in Swedish, the native language (OR=3.3),
 - less favourable body image (OR=2.6).

Reference

Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity worldwide: international survey. *BMJ* 2000; 320: 1240-3