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The eating behavior and the daily physical activity of obese children with intellectual disability

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Introduction: The prevalence of childhood overweight and obesity is increasing in Japan with all its consequences for immediate health. Researchers have also recognized that obesity is a major health threat in persons with intellectual disability. Lack of healthy eating habits and regular physical activity, common factors associated with obesity in the general populations. The purpose of this study is to clarify the relationship between the obesity and the factors such as the eating behavior or the daily physical activity, among the children with intellectual disabilities.

Methods: Self-report Questionnaires were mailed to parents of 939 intellectually disabled children. We received 412 responses,(response rate was 43.9%), 264 boys(69.8%) . The mean age of boys was 8.2y (± 2.1 y : range 5y to12y), and it of girls was 8.5y(± 2.0 y : range 5y to12y). Questionnaires included 1) individual background (age, sex, height, weight, level of intellectual disability and physical disability, etc). The level of intellectual disability of 49.9 % was A level, 23% were with physical disability. 2) the eating behavior (time of taking meals, factor of increased appetite, mothers' interests in cooking and nutrition, etc). 3) Daily physical activity (outdoor play, sleeping hours, mothers' interests in exercise of their children, etc). Degree of obesity was performed by BMI(Body Mass Index) and SW(Standard Weight) .

Results: The rate of obesity of subjects at every age was from 1.5 to 10 times higher than general school children, and SW was higher than BMI. The obesity of them was severe. The hand of other, Underweight children were 20%, this is showed the bipolar tendency of morbid obesity and underweight. Obesity of boys increase at high age and it of girls increased at low age.

The obesity of children with intellectual disability and the factors such as increased appetite were "when I was irritated" or "displeased", shorter sleeping hours, physical disability and mothers' interests in exercise of their children were significantly related.

Discussion and Conclusions: The evaluation index of school children with intellectual disability needs both BMI and SW. Obesity rate of the intellectually disabled children was high, and the increased age of boys and girls was different. The prevented obesity need at middle age with boys, was before school children with girls. Among obese subjects, the factors of increased appetite were "when I was irritated" or "displeased." This suggests that the communication is important with intellectually disabled children.

From now on, increase the objects and the research about consumption of calorie and nutrition intake will be required.

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