



Association between maternal obesity and overweight among children aged 2-5 in Shiraz

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Background and Aim: Increasing prevalence of childhood obesity has become a global problem. The aim of the current study was to determine obesity and overweight in children (2-5 year olds) and its association with maternal obesity in Shiraz.

Materials and Methods: This Case control study was conducted on tree hundred 2-5 year olds of Shiraz kindergartens and their parents in 2014. Height, weight, and BMI of the subjects were measured using standard methods. In the children, BMI of 85-95 percentile were taken as overweight and BMI \geq 95 percentile for age and sex were accounted as obese. Regarding parents, BMI of 25-29 were considered as overweight and BMI \geq 30 as obesity. The obtained data was analyzed by means of SPSS software (V: 16) at the significant level of $\alpha = 0.05$.

Results: According to data analyze, prevalence of overweight and obesity in children of mothers with normal BMI were 11.8%, but in those having overweight and obese mothers it was 19%. It was found that there was a significant positive association between children's BMI and that of their maternal obesity ($r=0.11$, $r=0.12$, $P<0.05$). Odds of obesity in children of mothers with overweight and obese (3.6 ;1.5-8.3), and in children of mothers with normal BMI were (1.1 ;1.2-2.6).

Conclusion: Given the significant and positive correlation between children's and their mother's obesity, it is important to educate mothers to improve their eating patterns and life styles for weight control in their children, particularly in those having obese members.

Key Words: Obesity; Overweight; Children; Body mass index; Maternal obesity