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VALENCE OF OBESITY AMONG PUPILS IN SELECTED IVATE ELEMENTARY SCHOOLS IN DASMARIÑAS AND TANZA, CAVITE

SPECIAL PROBLEM

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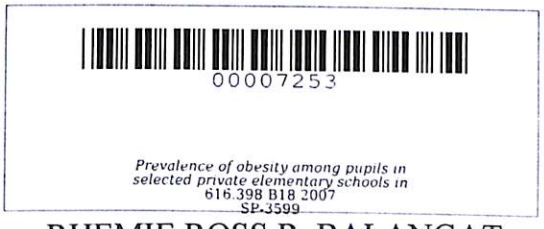
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Prevalence of obesity among pupils in
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ABSTRACT

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This study, entitled "Prevalence of Obesity among Pupils in Selected Private Elementary Schools in Dasmariñas and Tanza, Cavite", aimed to assess the prevalence of obesity among pupils in selected private elementary schools in Dasmariñas and Tanza, Cavite. This study also aimed to identify the predisposing factor of being obese (hereditary, socio-economic or lifestyle and environment).

Coordination with the principals and staff of each selected private elementary school was done. Obese pupils were weighed and their heights were noted in order to compute for their Body Mass Index.

Questionnaires were given to obese pupils which served as their assignment. A letter addressed to the parents was included together with the said questionnaire asking them to help their child in answering some questions. These questionnaires were collected afterwards.

The mean for each factor was computed. Upon getting the grand mean, this study had come up with the result that hereditary factor, having the greatest mean, greatly affects the prevalence of obesity.

The result of the study reveals that most obese students were male and belong to a family with more than enough daily income to support their needs. They have equal desire in eating at home and in fastfood chains.

TABLE OF CONTENTS

Page

BIOGRAPHICAL SKETCH.....ii

ACKNOWLEDGEMENT.....iii

ABSTRACT.....iv

INTRODUCTION.....1

Statement of the Problem.....3

Significance of the Study.....3

Objectives.....4

Hypothesis.....4

Scope and Limitation.....4

Time and Place of the Study.....4

Conceptual Framework.....6

REVIEW OF RELATED LITERATURE.....7

METHODOLOGY.....10

Research Design.....10

Target Population/Study Subjects.....10

Sampling Type/Technique.....10

Research Instrument.....11

Pre-test of Research Instrument.....11

Data Gathering Procedure.....11

Data Processing Method.....12

Data Analysis.....12

RESULTS AND DISCUSSION.....13

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS.....29

Summary.....29

Findings.....29

Conclusion.....32

Recommendation.....33

BIBLIOGRAPHY.....34

APPENDICES.....36

LIST OF TABLES

Table Page

1. Student profile.....13
2. Frequency and distribution table of gender of obese students.....15
3. Frequency and distribution table of educational background of parents.....16
4. Percentage of obese parents that have obese child.....18
5. Food preference and frequency.....20
6. Drinks preference and frequency.....20
7. Snacks preference and frequency.....21
8. Drinks preference during snacks.....22
9. Game preference.....24
10. Grand mean.....24

LIST OF FIGURES

Figure Page

1. Conceptual Framework.....5

2. BMI Classification of Sampled Students.....13

3. BMI Classification of Students in Maria Ausuliatrice Montessori.....14

4. BMI Classification of Students in Deo Roma Montessori.....14

5. BMI Classification of Students in Our Lady of the Holy Rosary School.....15

6. Frequency of Eating in Fastfood Chains.....18

7. Frequency of Exercise.....23

LIST OF APPENDICES

Appendix Page

1. Research Instrument.....37

2. Letters.....41

PREVALENCE OF OBESITY AMONG PUPILS IN SELECTED PRIVATE ELEMENTARY SCHOOLS IN DASMARIÑAS AND TANZA, CAVITE[1/]

Balangat, Rhemie Ross R.; Santiago, Maria Remedios I.; Soriano, Rachel G.

[1/]A special problem presented to the faculty of College of Nursing, Cavite State University, Indang, Cavite in partial fulfillment for BS Nursing under direct supervision of Dr. Josefina R. Rint and Mrs. Romana Grace Perea R.N. with C.N. _____.

INTRODUCTION

Obesity is a condition describing excess body weight in the form of fat. Morbid obesity is defined as being about 100 lbs. overweight or having a Body Mass Index (BMI) of around 40 or above. It is associated with many illnesses and is directly related to increased mortality and lower life expectancy. Less exercise, more fast foods, less activity at work all contribute to being obese. It is very difficult to lose a lot of weight and keep it off permanently if a person is genetically obese. Surgery is the only proven method to allow the severity and morbidity of obese person to reach normal weight and maintain it. Diets, exercise, and drugs alone do not result in long term weight loss in over 90 percent of severely or morbidity obese people. (Spiegel .,1999).

Obesity is one of the most common health problems in developed countries. A surveillance report was made by The Centers for Disease Control and Prevention Pediatric Nutrition in 1993 to 1995 revealed that childhood obesity is associated with increased incidences of diabetes, respiratory disease, high blood pressure, adult obesity,