

# 5<sup>th</sup> European Nutrition and Dietetics Conference

June 16-18, 2016 Rome, Italy

## Obesity in Jordanian school children and its association with maternal feeding practices

Walid Al Qerem  
AlZaytoonah University, Jordan

**Introduction:** Obesity has become a significant worldwide contributor to morbidity with an alarming increase in incidence of childhood obesity. Few studies have evaluated parental feeding practices and their impact on children obesity in the Middle East. The Comprehensive Feeding Practice questionnaire was validated in different age groups and in different countries, however no previous studies have validated the questionnaire in the Middle East.

**Purpose:** This study validated the questionnaire in the Middle East to evaluate children and adolescent obesity and parental feeding practices.

**Materials & Method:** In this study, 970 children aged 6-12 completed the Arabic translated version of the CFPQ. The height and weight of the children were also measured. The children BMI, BMI z-scores and obesity status was determined. Confirmatory factor and Exploratory Factor Analysis were used to evaluate different factor models. General linear model regression was conducted to evaluate the association between maternal feeding practices, maternal BMI and education level and child's weight status (normal, overweight and obese).

**Results:** Confirmatory analysis of the CFPQ determined that the original 12 factors structure of the questionnaire was not suitable for this sample. The analysis suggested that the most suitable structure was an 11 Factors model (CMIN/DF=2.18, GFI=0.92, CFI=0.93, TLI=0.92 and RMSEA=0.03) that included modeling, monitoring, child control, food as a reward, emotional regulation, involvement, restriction for health, restriction for weight control, environment, teach and encourage and pressure. The results indicated that 12.6% of the children tested were obese and 25.1% were overweight. The regression showed that restriction to health and weight, emotional regulation and maternal BMI were positively associated with child weight status, while modeling, monitoring, child control, environment, involvement and teach and encourage were negatively associated with child's weight status.

**Conclusion:** This study indicated that Jordanian schoolchildren aged 6-12 had high prevalence of overweight/obesity and this was associated with negative parental feeding practice.

### Biography

Walid AlQerem has completed his PhD from Sunderland University. He is currently working as an Associated Professor at AlZaytoonah University.

[wadderus@gmail.com](mailto:wadderus@gmail.com)

### Notes: