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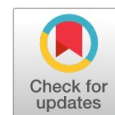


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### Developing the Nutrition Promoting Program by Parent Participation to Promote Nutrition Among Kids at School Age



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# DEVELOPING THE NUTRITION PROMOTING PROGRAM BY PARENT PARTICIPATION TO PROMOTE NUTRITION AMONG KIDS AT SCHOOL AGE

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**Abstract.** The main objective of this research was to study and develop a model program to promote Nutrition among kids at school age by the participation of parents and caregivers. The samples in this research were 20 parents in Dusit, Bangkok, by purposive sampling. A questionnaire and group discussion were used for collecting the data. Descriptive statistics used in this research include frequency and percentage. This research found; Most of the samples were from 21-30-year-old and 31-35-year-old (30%), 75% were married, 45% were high school graduates, 40% were in trade, 45% had family income from 10,000-20,000 bath, 80% of children were at normal growth level. The program to promote Nutrition among kids at school age developed by sample group was similar in terms of process but should increase channels to spread awareness, such as a database of knowledge and share to learn together within the group.

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## INTRODUCTION

Developing economic Thailand made changes to the pattern of lifestyle of people like western countries or more. This has made economic development in food production, food distribution and marketing that affects school age children, teenagers and young adults in consuming diet, increasing saturated fat from animal fat, sugar, cholesterol but decreasing complex carbohydrates and fibers. Vegetables and fruits have dropped meanwhile, there is decrease in activity and exercise and more people watch TV [1]. The effects of changing in the pattern of life are there. Blood sugar disorders can reduce the risk factors that cause diabetes [2].

Factors impact on the consumption of food such as income, product preferences and beliefs about food, traditions and culture environment, etc. All these factors interact with each complex. And finally they are merged into the eating habits of the person for the problems of nutrition [1]. The Ministry of Health found the Nutritional status of children in primary school students across the country in 2002. 16,382 persons and 9,585 persons in 2003 including students were overweight and obese as 7.9 percent and 9.7 percent respectively [3]. The nutritional status of children in elementary school of Huay Sai in the year 1998 found that students are overweight by 11.6 percent [4]. The National Social and economic development plan 10 (2008-2011) determined that 10.0 percent of children in school were overweight or obese that showed improvement to be made to the nutritional status [5]. In addition, if teenagers were overweight that was associated

with the obesity in adults and 1/3 of children were overweight in seven years who will have obesity in adulthood by 40.0 percent, Teenage overweight was cause of obesity in adults by 70.0-80.0 percent [2]. Obesity is a risk factor for several major diseases such as ischemic heart disease, cancer, high blood pressure, high cholesterol, diabetes, arthritis etc. Then prevention in early childhood is possible from any risk in adolescents.

Primary School Curriculum 1978 (Revised 1990) contained topics about food and nutrition for study in grade 1 to grade 6 [6] but in grade 3 to grade 6, objective was to contribute to thinking, intellect, attitude, values and skill of life which develop life style that will affect well-being of the students. The behavior of consumption has complex factors by individual and the environment. The guidelines can be prevented cause of risk to encouraging individual consumption behavior of the contractor, so it is interesting to do a study to develop program to promote nutrition in school age children by parents participate because parent have effect to school age children.

## Objective

Develop program to promote school-age child nutrition by parent participation.

## METHODOLOGY

This research was action research. General data were collected by Questionnaires and parent group discussion for developing program to promote nutrition for school - aged

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children that applied from program to promote nutrition of Patcharee ammammontri in Dusit, Bangkok. Samples were parents of children aged from 6-9 years, 20 persons who were selected by purposive sampling;

- 1) knew written and spoken Thai language
- 2) able to joy with group more than three times.

This study has two phases:

- 1) preparing student by clarifying the meaning of the research and methods of data collection coupled with practical training of teaching
- 2) preparing community by clarifying the meaning of the research and methods of data collection about weight of children from 6-9 years before and after the experiment. Data were analyzed by descriptive statistics for quantitative data. The time for study was 6 weeks;

1st week; Community survey with students of nursing practicum to sample and make appointment for group participation.

2nd week; Clarify the purpose of the research to samples.

3rd Week; Data collected.

4th 5th Week; Group discussion to develop program for promoting nutrition in school age.

6th Week; Feedback and comment program for promoting nutrition after creation by parents.

## RESULTS

This research found: Most of the samples were from 21-30 years old and from 31-35 years old (30%), 75% were married, 45% were high school graduates, 40% were in trade, 45% had family income from 10,000-20,000 bath, 80% of children had normal growth level (Table 1 to 6).

TABLE 1  
TO SHOW FREQUENCY AND PERCENTAGE OF AGE

Age (years)	Frequency	Percentage
25-30	6	30.0
31-35	6	30.0
36-40	3	15.0
41-45	4	20.0
46-50	1	5.0
Total	20	100.0

TABLE 2  
TO SHOW FREQUENCY AND PERCENTAGE OF MARITAL STATUS

Marital status	Frequency	Percentage
Single	2	10.0
Married	15	75.0
Separated	2	10.0
Widowed	-	-
Divorced	1	5.0
Total	20	100.0

TABLE 3  
TO SHOW FREQUENCY AND PERCENTAGE OF LEVEL OF EDUCATION

Educational	Frequency	Percentage
Not education	-	-
Primary school	3	15.0
Secondary school	9	45.0
Diplomas degree	3	15.0
Bachelors degree	4	20.0
Postgraduate	1	5.0
Total	20	100.0

TABLE 4  
TO SHOW FREQUENCY AND PERCENTAGE OF JOB

Occupation	Frequency	Percentage
Maid	5	25.0
Contractors	5	25.0
Trade	8	40.0
Service	2	10.0
Total	20	100.0

TABLE 5  
TO SHOW FREQUENCY AND PERCENTAGE OF SALARY

Salary	Frequency	Percentage
Less than 10,000 baht	7	35.0
10,000-20,000 baht	9	45.0
20,001-30,000 baht	2	10.0
30001-40000 baht	1	5.0
40,000 Baht to	1	5.0
Total	20	100.0

TABLE 6  
TO SHOW FREQUENCY AND PERCENTAGE OF LEVEL OF GROWTH OF CHILDREN

The level of growth	Frequency	Percentage
Lower weight	2	10.0
Normal	16	80.0
over weight	2	10.0
Total	20	100.0

The model to promote Nutrition among kids at school age developed by sample group was similar in terms of process but should increase channels to spread awareness; such as database of knowledge and share to learn together within group (Figure 2). Parents' sharing and exchange within group

made them have tendency to eliminate issues related to children consumption and promote medical health. It is also possible by direct counseling of health and advice of health by two-way communication.

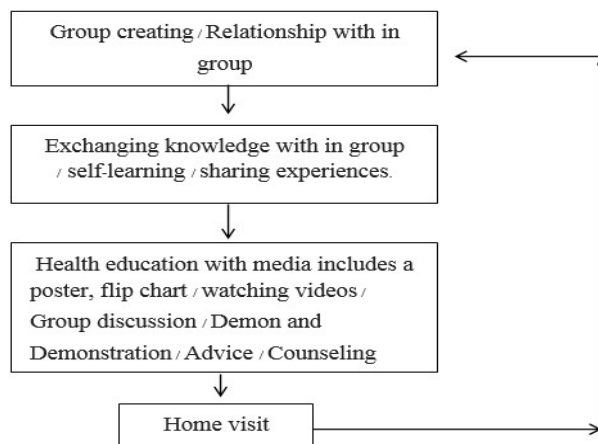


Fig. 1 . To show nutrition promoting program to promote nutrition at school age before developing [7], [8]

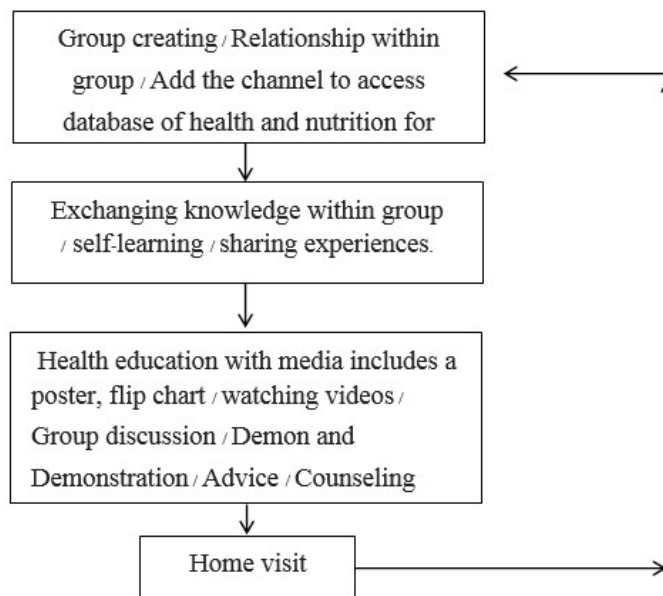


Fig. 2 . To show nutrition promoting program to promote nutrition at school age after developing

## DISCUSSION AND SUMMARY

Nutrition Promoting Program to promote Nutrition at school age was contributed by parent participation within group discussion at community of Dusit, Bangkok. Purposive Sampling was used to select 20 persons from parents of children aged from 6-9 years in community of Dusit, Bangkok on the basis of following criteria: 1) who write and speak Thai language 2) able to joy with group more than three times. This study has two phases: 1) preparing student by clarifying the meaning of the research and methods of data collection coupled with practical training of teaching 2) preparing community by clarifying the meaning of the research and methods of data collection about weight of children from 6-9 years before and after the experiment. Data were analyzed by descriptive statistics for quantitative data. The time for study was 6 weeks. The Nutrition Promoting Program to promote Nutrition at school

age was similar in terms of process but should increase channels to spread information; such as database of knowledge and share to learn together within group because health media related to nutrition, any channel that is easy to access and update is possible for increasing knowledge of parents to promote Nutrition at school age. Parents' sharing and exchange within group made them have tendency to eliminate issues related to children consumption and promote medical health. It is also possible by direct Counseling of health and advice of health by two-way communication.

## Acknowledgment

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