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The relationship between metabolic states and social support for health behaviors of obese children

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Background: Obesity, which is increasingly prevalent in the world, is now confronted in childhood and this metabolic state can affect children's level of social support. Aim of the study is to determine the association of obesity children's social support for health behaviors with their metabolic status.

Material & Methods: The universe of the descriptive research constitutes the obese children who are followed in Inonu University Turgut Özal Medical Center Pediatric Endocrine Polyclinic. It was aimed at reaching the whole of the universe with 224 obese children between the ages of 8-17 who agreed to participate in the study. Six items which created by researchers "Demographic Data Form for Children" and "Child Adolescents Health Behavior Social Support Scale" (CAHBSS) were used as data collection tools.

Findings: 52.2% of the participated children in the study were boys and their average age was 12.45. Children's body mass indexes were calculated and z scores were determined. 63.83% of the children were overweight and 36.16% were obese. There was a significant difference between the overweight and obese children in the scale frequency and importance dimensions compared with CAHBSS scale and body mass index. There was a significant difference between the overweight and obese children in all groups in the frequency dimension of the mother, father, teacher, classmate, close friends at CAHBSS scale. In the importance part of the scale, there was a significant difference only in the teacher sub-dimension. There was a moderate negative correlation between CAHBSS scale frequency and, 120th minute glucose and insulin value, hunger insulin and blood glucose, HgA1c, weight and body mass index. There was a moderate correlation significance on the negative direction between 120th second glucose, insulin value and body mass index.

Conclusion: Children with obesity problems were found to be more likely to be affected by the social support they received from their family and friends, and to give more importance to the social support they received from their family and friends. It is suggested that the programs to be carried out in the process of coping with obesity include the family and friends of the child, and examine the content and dimension of social support in relation to the subject with further studies.

Biography

Mürşide Zengin is studying PhD from Inonu University Institute of Health Science. She had worked as a Nurse in Kahta between 2013-2016. She has been working as a Research Assistant at Nursing Department in Adıyaman University School of Health-Turkey.

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