

# Obesity & Weight Management

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## The validation of an instrument to assess parental feeding styles of children in Filipino language

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Overweight and obesity are emerging major problems among children today worldwide. Research on parent feeding styles and practices has begun to provide some clues about the role parents play in the etiology of childhood obesity. Recently attention has been directed toward the parental feeding styles. Experts have suggested that gestation to early infancy is a critical period in which physiologic changes occur that greatly influence a child's later risk for obesity. The objective of the study is to examine validity and reliability of an instrument translated to Filipino language for characterizing parental feeding practices. Subjects were the parents with toddlers from the University of Santo Tomas Hospital. A focus group discussion was done. The toddler feeding questionnaire was translated to Filipino language. A pilot questionnaire underwent pretesting and Cronbach's alpha test. Data analysis was done using SPSS version 13. Quantitative variables were summarized while qualitative variables were tabulated. Test-retest and Cronbach's alpha tests were done. A total of 18 parents participated in the study. About 89% of the toddlers had normal weight according to the WHO growth standards (weight for length). All but two items (Q18 and Q33) in the pilot questionnaire reached significant differences ( $p < 0.05$ ). The overall internal reliability of the questionnaire was acceptable ( $\alpha = 0.82$ ). This instrument was found to be valid with acceptable reliability and internal consistency.

## 'LHWDU\ ;EHU \$ QRYHO DSSURDFK IRU SUHYHQWLRQ DQG PDQDJH detection in food by immune chromatographic test strips

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In recent era, the changes in the dietary preferences have created various diet-related health problems such as obesity and cardiovascular disease (CVD's). Dietary modification is a vital tool for alleviating such malfunctioning. In this regards, dietary fiber has gained significant attention. There is a dynamic relationship between diet and disease. Poor diet is the most important factor contributing to an epidemic of overweight and obesity affecting all segments of our society. To curb the obesity epidemic and improve their health, many people must decrease the calories they consume and increase the calories they expend through physical activity. At various times in the history, obesity links and precursor of many diseases such as cardiovascular diseases (CVD's), diabetes, hypertension, cancer, strokes and many gastrointestinal (GI) disturbances. The most recent data illustrates that 72 percent of men and 64 percent of women are obese at an age of 30 years. For prevention and management of obesity, we used naturally occurring foods which are high in dietary fiber concentration in order to increase nutrient density, promote healthy lipid profiles and glucose tolerance, and ensure normal gastrointestinal function. From scientific study, higher level of dietary fiber in diet reduces serum lipid concentration, improves blood glucose level in diabetes patients, lowers blood pressure, helps in weight loss and aids in improving immune functionality. Ingestion of optimum amount of dietary fiber in the diet increased the satiety rate, slow-transit constipation and reducing obesity which are one of the main problems in the worldwide. To meet the recommendation for fiber, people should increase their consumption of beans and legumes, bran, vegetables, fruits, cereals and whole grains. Food choices should be such that they suffice the needs of the body in the best possible way and thus ensure perfect health and strength. Dietary fiber is also an important factor for determining physiological events. It is globally accepted that dietary fiber is good for health. Furthermore, both fibrous foods and physical activity have positive synergistic effects on individuals.