



HOW CAN REGISTERED NURSES MOST EFFECTIVELY APPROACH THE ISSUE OF CHILDHOOD OBESITY WITH PARENTS OF OBESE CHILDREN? – EMMA SMITH

THE NUMBERS, BARRIERS & STRATEGIES

<div>BARRIERS TO APPROACHING PARENTS</div>	IN 1995, THERE WERE 18 MILLION CHILDREN WORLDWIDE ARE CLASSIFIED AS OVERWEIGHT, IN 2010, NEARLY 43 MILLION CHILDREN WAS REPORTED AS BEING OVERWIEGHT. IN NEW ZEALAND 2007, 8.3% OF CHILDREN WERE OBESE AND 20.9% OF CHILDREN WERE OVER-WEIGHT. SO NOT ONLY IS CHILDHOOD OBESITY A WORLDWIDE PROBLEM BUT IT IS ALSO AFFECTING US HERE IN NZ.		
<div>PERSONAL WEIGHT ISSUES</div> <p>Because of nurses' own weight issues, they don't feel it is their place to put judgment on someone else's family</p>	<p>It is important to understand why obesity is an important issue to tackle. Primary prevention of obesity is likely to prevent secondary diseases. Children are now suffering from diseases historically only seen in adults. Diseases seen in children are on the rise, such as Type 2 diabetes, hypertension, and other cardiovascular problems. There are also psychological and social issues as well as lowered self-esteem and body image issues. 60% of obese children will grow up to be obese adults who will be afflicted by these health issues and increasingly strain the health care system. As nurses we are very privileged to be able to hold the publics trust and offer support to families</p>		
<div>PARENTS NOT ACKNOWLEDGEING THEIR CHILD'S WEIGHT ISSUE</div> <p>The family being in denial and defensive about their child's weight or because they do not view their child as being overweight</p>			
<div>MEDIA SAYS 'BIG' IS OK</div> <p>Social factors such as the media are changing peoples' perspectives on normal weight limits. This means more overweight people perceive themselves as normal weight</p>	<div>IN NEW ZEALAND...</div> <div><div></div><div>Pacific Island children are 2.5 times more likely to become obese</div></div> <div><div></div><div>Maori children are 1.5 times more likely to become obese</div></div>		<div>Strategies for APPROACHING PARENTS</div> <p>Things Nurses can do in clinical practice:</p> <div><div>1</div>Taking a holistic nursing assessment.</div> <div><div>2</div>Using BMI and growth charts</div> <div><div>3</div>Use Appropriate language</div> <div><div>4</div>Whole family focus</div> <div><div>5</div>Use Appropriate language</div>
<div>DIFFERENT CULTURES</div> <p>Nurses feel less competent with different cultures than their own due to the lack of knowledge around their cultures food, their different body shape and size and a higher prevalence of obesity with different cultures</p>	<div><div>1</div>An holistic assessment will give a clear picture of the patient and all the factors that have contributed to the obesity. <div>2</div>The use of BMI and growth charts can help parents visually see that their children are not in the normal limits of weight and that it is an issue. <div>3</div>Using a balance of objective terms was seen as being gentler and less aggressive, as certain words such as obesity" has negative connotations. <div>4</div>No matter what</div>		
<div>PAST NEGATIVE EXPERIENCES</div> <p>Where parents have not taken the topic well</p>			
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the weight status of parents, children are embedded within the family system making it very hard for changes to occur without the support of the whole family. ⑤ Parents have a key role in influencing their childrens' dietary habits and children are more likely to be obese if their parents are. Therefore motivating the parents to change their own diets will cause a secondary effect; parents will become positive role mod-

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