

Abstract of Master's Dissertation

No.1

Course	International Health Development (MPH)	Name	Ayano Funamizu
Thesis Title	A cross-sectional online-based survey of dietary behaviors and body image among primary school children and parents in urban and semi-urban Honduras		
<p>Abstract of Master's Dissertation</p> <p>Background :</p> <p>Obesity which causes non-communicable diseases, is one of the remarkable health problems in Honduras. The prevalence of childhood obesity has risen dramatically. One of the factors of obesity is unhealthy diets.</p> <p>Objective :</p> <p>The general objective of this study is to study unhealthy dietary behaviors and perception of body image among primary school children and parents in urban and semi-urban Honduras. Specific objectives are to (1) describe the dietary behaviors and perception of body image (2) assess the reported difference in dietary behaviors and body image between parent and child (3) assess the risk factors for unhealthy dietary behaviors (4) describe the impact of COVID-19 on dietary behaviors.</p> <p>Method :</p> <p>A self-administered questionnaire, online-survey was conducted by using Kobo Toolbox. Cross-sectional data were collected from two primary schools in Tegucigalpa and Gracias, Honduras. The target populations were parent/caregiver in grades 1-9 who is mainly responsible for household diet and children in grades 5-9. This study was a complete enumeration, and participants accessed the URL of the questionnaire provided by headteachers individual. The participants were required to answer child diet behaviors, perception of body image of parent and child, attitude of dietary behaviors, and socio-demographic characteristics.</p> <p style="text-align: right;">- continued</p>			

* The abstract, containing the objective, method, result and conclusion should not exceed 300-500words and printed double sided on A4 paper)

Abstract of Master's Dissertation

No.2

Course	International Health Development (MPH)	Name	Ayano Funamizu
<p>Wilcoxon Signed-Rank test was used to assess the report of differences in dietary intake and body image between parent and child. And multivariable/ multinomial logistic regression analyses were conducted to determine the association between factors and unhealthy diet behaviors using Stata version 16.</p> <p>Result :</p> <p>The sample consisted of 379 parents/caregivers in grades 1-9 and 237 children in grades 5-9. The study found that 38.0% of children do not eat vegetables every day, and 12.6% of children drink soft drinks/juice every day. However, the consumption frequencies of several unhealthy foods such as sweets, chips, soft drink/juice, and junk foods were lower than the previous surveys in Honduras. This study found the differences of reports between parent and child, underestimations of parents occurred in the child's frequency of eating out, intakes of chips, soft drink/juice, and coffee. The factors associated with unhealthy diet were parents' low educated level and full-time working of parents, parental lower attitudes of responsibility and monitoring, and the child's habit of watching TV during eating. In terms of child body image perception, 30.1% of parents perceived a larger body image, and 39.1% of those were satisfied with their child's body image. Also, parents were likely to perceive larger body image and greater satisfaction than child self-report between parent and child.</p> <p>Conclusion :</p> <p>The study found the lack of consumption of vegetables and fruit, frequent consumption of unhealthy foods in several school children, and risk factors. Also found the reported differences in dietary behaviors between parent and child. These findings can subsidize health programs for school children that deal with unhealthy diets and obesity. However, several information biases arose due to the online survey. Therefore, further investigation of dietary behaviors should be conducted, and we recommend a qualitative study to understand their attitude and belief more. (495)</p>			

* The abstract, containing the objective, method, result and conclusion should not exceed 300-500words and printed double sided on A4 paper)