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“Games Galore”

A feasibility study to investigate the effect of a physical activity and nutrition education programme for 10-14 year old New Zealand overweight and obese children

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Players of the Auckland Blockbuster Basketball team and some of the participants' of the "Games Galore" feasibility study in action.

Abstract

It is widely acknowledged that obesity has emerged as an epidemic in developed countries during the last quarter of the 20th century [1]. It is an issue of great concern, affecting adults and children of both wealthy and middle-income people in both middle-income countries as well as residents of countries previously considered to be poor [2]. The World Health Organisation has stated that the prevalence of obesity and overweight is increasing in both adult and childhood populations throughout the world, and has acknowledged management of obesity as a priority area of public health action [1].

This feasibility study “Games Galore” investigated the effect of a physical activity and nutrition education intervention for the development of ongoing self-motivated participation in physical activity and of healthy eating habits of both male and female 10-14 year old New Zealand overweight or obese children.

Twenty-two students of an intermediate and a full primary school enrolled in the “Games Galore” feasibility study. The participants were all residents of West Auckland, New Zealand and participated twice weekly in a games programme and once every fortnight in a nutrition education programme. Anthropometric data was collected at baseline, 4 months, 6 months (end of the intervention), 10 months (4 months post intervention), and 16 months (10 months post intervention). A qualitative dietary habit questionnaire, a diet and activity questionnaire, a food frequency questionnaire, a 3 day diet and physical activity diary, and a three 24-hour recalls were administered to assess nutrient intake and physical activity.

There was no significant change seen in any of the assessed anthropometric indicators from baseline to 16 months post intervention. Some positive change was seen for outdoor play during weekdays ($p=0.02$). However, there was no significant change in any of the other measurements for physical activity, indicating no increase in self-motivated participation in physical activity. There was also no change in dietary intake during and post intervention, indicating no change in eating habits.

During this 16 months “Games Galore” feasibility study (6 month intervention, 10 month follow-up) there was no significant change in the participants’ participation of physical activity and the participants’ eating habits. This is most likely due to the implementation of too few predictors of childhood overweight and lack of parental support. The latter limits the results due to lack of stimulation and motivation for the participants to participate at the nutrition education sessions and incorporate a “healthy” lifestyle

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Table of contents

1	Introduction	1
1.1	Prevalence of paediatric obesity	1
1.2	Causes and consequences	2
1.3	Interventions to treat childhood obesity	2
1.4	“Games Galore”	2
2	Literature Review	4
2.1	Purpose of the review	4
2.2	Search strategy	4
2.3	Definitions	4
2.4	Causes of paediatric overweight and obesity	4
2.4.1	Energy balance and the physiological regulation of body weight	5
2.4.2	Environmental and behavioural factors influencing obesity	8
2.4.2.1	Environmental factors	8
2.4.2.2	Behavioural factors	9
2.4.2.3	Dietary factors	10
2.4.2.4	Physical activity patterns	12
2.4.3	Genetic and non-genetic factors	15
2.4.3.1	Genetic factors	15
2.4.3.2	Non-genetic factors	16
2.5	Consequences of paediatric overweight and obesity	19
2.5.1	Psychosocial and medical effects of childhood obesity	20
2.5.1.1	Psychosocial effects	20
2.5.1.2	Cardiovascular risk factors	21
2.5.1.3	Hepatic and gastric complications	22
2.5.1.4	Orthopaedic complications	22
2.5.1.5	Other complications of childhood obesity	22
2.5.2	Economic burden of childhood obesity	22
2.6	Defining and classifying paediatric overweight and obesity	23
2.6.1	Why classify overweight and obesity?	24
2.6.2	Use of BMI to classify obesity	24
2.6.3	Waist circumference and waist to hip ratio (WHR)	25
2.6.4	Additional tools for the assessment of obesity	26
2.6.5	Use of growth charts	27
2.7	Assessment of food intake	29
2.7.1	Food diaries	30
2.7.2	Food frequency questionnaires	31

2.7.3	24-hour recall method	34
2.8	Assessment of physical activity and energy expenditure	35
2.9	Obesity programmes for children	38
2.9.1	Treatment of paediatric overweight and obese children	38
2.9.1.1	Behaviour change	39
2.9.1.2	Reducing energy intake and improving dietary quality	41
2.9.1.3	Increasing physical activity	41
2.9.1.4	Reducing time spend in sedentary behavior	42
2.9.1.5	Behaviour modification	43
2.9.2	Previous interventions	43
2.9.3	Different obesity-management programmes	44
2.9.3.1	School-based programs	45
2.9.4	Family-based programmes	45
2.9.5	Primary-care-based programs	46
2.9.6	Drugs and surgery	46
2.9.6.1	Epstein et al.	46
2.9.6.2	Other studies	47
2.10	Summary	50
3	Aims of the study	52
4	Methodology	53
4.1	Participants	53
4.2	Recruitment strategies	53
4.3	Methods	54
4.3.1	Activity programme	55
4.3.2	Nutrition education programme	55
4.3.3	Gifts	57
4.3.4	Ad hoc changes of the methodology	58
4.3.5	Ethical Consent	58
4.4	Assessment methods	58
4.5	Anthropometric measurements	59
4.6	Qualitative dietary habit questionnaire	60
4.7	Dietary and physical activity questionnaire	61
4.7.1	Food Frequency Questionnaire	61
4.7.2	Three-day diet and physical activity diary	62
4.7.3	24-hour recalls	62
4.8	Statistical analysis	63

5	Results	64
5.1	Ethnic and gender characteristics of the participants	64
5.2	Medications	65
5.3	Withdrawal and compliance of participants	65
5.4	Lost to follow up	66
5.5	Anthropometric indicators	66
5.6	Sedentary behaviour patterns	67
5.7	Activity patterns	69
5.8	Nutritional status participants	71
5.8.1	Qualitative dietary habits questionnaire	71
5.8.2	Diet and activity questionnaire	72
5.8.3	FFQ	74
5.8.4	Three-day diet and physical activity diary	75
5.8.5	24 Hour recalls	75
6	Discussion	81
6.1	Physical characteristics and demographic data	81
6.2	Medical and family history	83
6.3	Withdrawal and compliance	83
6.4	Lost to follow up	84
6.5	Anthropometric indicators	85
6.6	Sedentary behaviour patterns	86
6.7	Activity patterns	88
6.8	Nutritional status participants	91
6.9	Validation of nutritional intake	94
6.9.1	Qualitative dietary habit questionnaire and diet and activity questionnaire	95
6.9.2	Qualitative FFQ	95
6.9.3	3-Day diet and physical activity diary and 24-hour recall	96
6.10	Limitations of the study	97
6.11	Recommendations	100
7	Conclusion	103
8	References	107

9	Appendices	120
9.1	Appendix 1: Letter sent to schools	120
9.2	Appendix 2: Information sheet	122
9.3	Appendix 3: Contract	125
9.4	Appendix 4: Invitation letters	127
9.5	Appendix 5: Nutrition education sessions	131
9.6	Appendix 6: Selection of provided information materials	128
9.7	Appendix 7: Ethics approval	129
9.8	Appendix 8: Consent form	130
9.9	Appendix 9: Qualitative dietary habit questionnaire	132
9.10	Appendix 10: Diet and activity questionnaire I	134
9.11	Appendix 11: Diet and activity questionnaire II	142
9.12	Appendix 12: Food Frequency Questionnaire	145
9.13	Appendix 13: 3-Day diet and physical activity diary	146

List of Tables

Table 1 Energy content of macronutrients	10
Table 2 Storage capacity of macronutrients within the body	12
Table 3 Selected list of candidate genes for human obesity, identified on the basis of animal models, physiology, and prior human research	16
Table 4 Critical periods for the development of obesity before adulthood	18
Table 5 Suggested cut-off points for identifying high trunk fat mass and waist circumference	25
Table 6 Summary of Body Composition Techniques in Children	26
Table 7 International cut-off points by BMI defined by Cole <i>et al.</i>	28
Table 8 Cut-off points by BMI defined by Taylor <i>et al.</i>	29
Table 9 Summary of methods for assessment of food intake in children	30
Table 10 Summary of methods for assessment of physical activity in children	36
Table 11. Stages of change	40
Table 12 Variety of obesity-management programs offered for obese children and adolescents	45
Table 13 Characteristics and results of exercise programs	48
Table 14 Assessment methods	59
Table 15 Ethnicity and socio-economic indicators of the participating schools	64
Table 16 Baseline characteristics participants	65
Table 17 Weight, height, BMI, hip and waist circumference of the participants at baseline, 4 and 6 months during the intervention and 4 and 10 months post intervention (mean, \pm SD)	66
Table 18 Percentage of participants reporting their dietary habits, compared with the National Food and Nutrition guidelines of the Ministry of Health	71
Table 19 Energy and macronutrient intakes of the participants (mean, \pm SD)	76
Table 20 Standard RDI's, RDA's, and DRV's	76

List of Figures

Figure 1 Influences on energy balance and weight gain (energy regulation)	6
Figure 2 The effect of environmental and behavioural factors on energy balance	10
Figure 3 Trends in dietary intake of fat	11
Figure 4 Health consequences of early onset obesity	19
Figure 5 Methodology	58
Figure 6 Progress of participants through the trial	60
Figure 7 Change in BMI from baseline for all participating students	67
Figure 8 Television watching habits of the participants on weekdays and weekends	68
Figure 9 Television watching habits of the participants on weekdays	68
Figure 10 Television watching habits of the participants on weekends	69
Figure 11 percentage of participants that reported consumption of food groups per day in accordance with the servings advised by the nutrition guidelines for adolescents	72
Figure 12 Origin of the food eaten at school	73
Figure 13 Energy intakes of the participants at the end of the intervention, 4 and 10 months post intervention	77
Figure 14 Carbohydrate intakes of the participants at the end of the intervention, 4 and 10 months post intervention	78
Figure 15 Protein intakes of the participants at the end of the intervention, 4 and 10 months post intervention	79
Figure 16 Total fat intakes of the participants at the end of the intervention, 4 and 10 months post intervention	80
Figure 17 The mean energy expenditure (E_{exp}) compared with the mean energy intake (E_{int})	92

List of Abbreviations Used

Abbreviation	Full word(s)	Abbreviation	Full word(s)
BIOSIS	biological abstracts	BMI	body mass index
BMR	basal metabolic rate	CI	confidence interval
CINAHL	cumulative index to nursing and allied health literature	CHD	coronary heart disease
CHO	carbohydrate	cm	centimeter
CT	computed tomography	CVD	cardiovascular disease
DEXA	dual energy x-ray absorptiometry	DLW	double-labelled water
DRV	dietary reference values	E exp	energy expenditure
E int	energy intake	EMBASE	biomedical and pharmacological abstracts
FFQ	food frequency questionnaire	g	grams
HR	heart rate	IOTF	international obesity taskforce
Kcal	kilo calories	kg	kilograms
kg/m ²	kilograms per square meter	kJ	kilojoules
m	meter	MANOVA	multiple analysis of variance
MEDLINE	medical literature, analysis, and retrieval system online	MJ	megajoules
MRI	magnetic resonance imaging	n	number
NIDDM	non insulin dependent diabetes mellitus	NHANES	national health and nutrition examination survey
NZ	New Zealand	p	power
RDA	recommended dietary allowance	RDI	recommended dietary intake
RMR	resting metabolic rate	SD	standard deviation
TEF	thermic effect of food	TV	television
USA	United States of America	VO ₂ max	maximum value of oxygen
WHO	World Health Organisation	WHR	waist to hip ratio
%	percent	\$	dollar