

Trends In Weight Loss Attempts Among Children in England

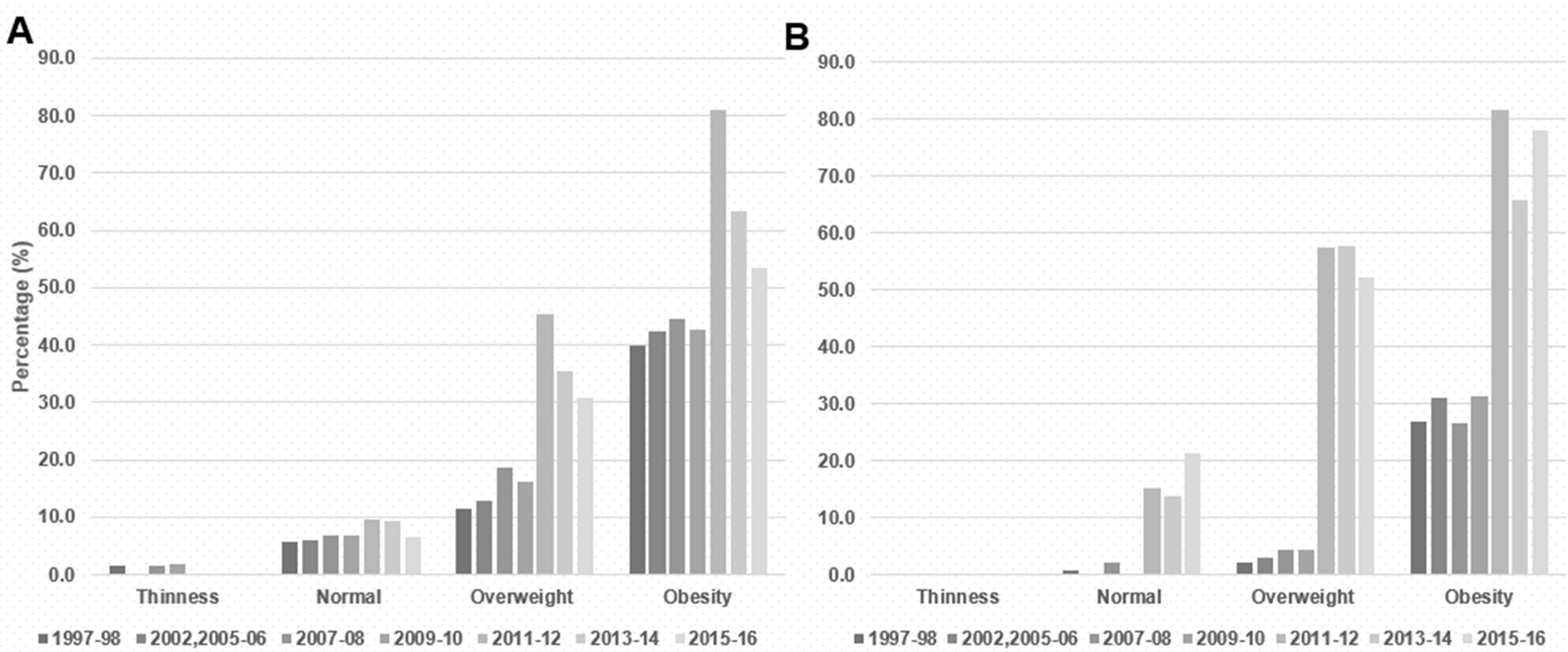
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Conclusion

The prevalence of weight loss attempts amongst children has increased during the last decade in all weight categories and especially amongst boys, older children, children of Asian ethnicity and those from low income families.



Prevalence of weight loss attempts by BMI category among children (A) 8 to 12 years (B) 13-17 years included in HSE from 1997 to 2016

Objectives

To describe trends in reported weight loss attempts among school-aged children and to investigate its sociodemographic determinants.

Design

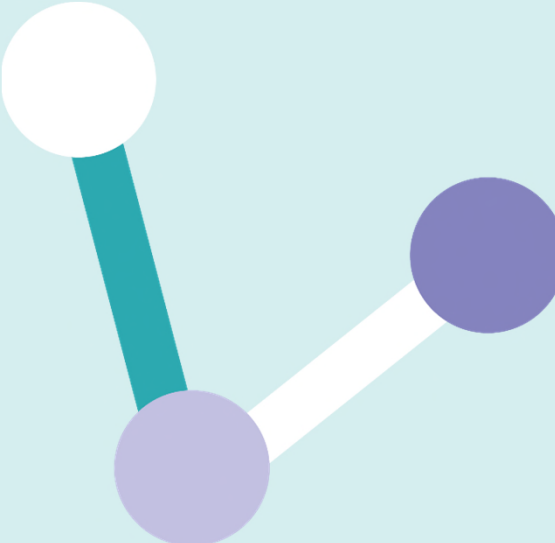
We analysed data of children aged 8-17 who participated in the Health Survey for England (HSE) from 1997-2016 (n=34,235). This repeated cross-sectional survey reported weight loss attempts and sociodemographic characteristics. Body weight and height were measured by trained interviewers and BMI for age z-score was calculated. Multivariable logistic regression was used to investigate the sociodemographic determinants.

Association between demographic characteristics or BMI category and attempts to lose weight

	8 – 12 years old				13 – 17 years old			
	OR	95% CI		P-value	OR	95% CI		P-value
Year of survey	1.02	1.01	1.03	<0.001	1.07	1.06	1.08	<0.001
BMI category*								
Underweight	0.18	0.08	0.40	<0.001	N/A	N/A	N/A	<0.001
Overweight	4.01	3.47	4.64	<0.001	1.96	1.58	2.42	<0.001
Obesity	13.57	11.94	15.43	<0.001	4.72	3.94	5.66	<0.001
Gender								
Girls	1.04	0.95	1.15	0.373	2.66	2.41	2.95	<0.001
Ethnicity								
Asian	1.72	1.43	2.07	<0.001	1.57	1.29	1.93	<0.001
Black	1.32	1.03	1.68	0.028	1.37	1.02	1.84	0.039
Other & mixed	1.19	0.94	1.50	0.145	1.17	0.91	1.50	0.224
Household income levels								
Q1	1.21	1.01	1.44	0.036	1.18	0.98	1.42	0.086
Q2	1.20	1.01	1.43	0.036	1.18	0.97	1.43	0.090
Q3	1.14	0.96	1.36	0.144	1.22	1.02	1.47	0.034
Q4	1.06	0.88	1.27	0.564	1.09	0.90	1.33	0.372

Results

- Prevalence of reported weight loss attempts increased significantly from 21.4% (1997-98) to 26.5% (2015-16).
- Increase was significant for boys, older children, Asian children, children from lower income households and in all categories of BMI for age z-score.
- The associated table shows significant predictors of weight loss attempts



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