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APPEDICIES

APPENDIX A

OPERATIONAL DEFINITION OF TERMS

1. Definition of obesity and overweight

- Definition of obesity (WHO, 1997): Obesity is defined simply as condition of abnormal or excessive fat accumulation in adipose tissues, to the extent that health may be impaired.
- Overweight is defined as the excess amount of body weight that include, muscle, bone, fat, and water.
- Children: Using Body Mass Index percentile (SHANES: National Health and Nutrition Education Survey)

Table 4.29: Classification of BMI percentile in children

BMI	Classification
Under 5 th percentile	Underweight
At 5- 84.9 percentile	Normal
At 85-94.9 percentile	Overweight
Up or above 95 percentile	Obesity

Cola et al (2000)

2. Mothers' knowledge

Knowledge of mother means knowledge on quality of diet, quantity of diet, balanced diet and physical activities.

3. Mothers' attitude

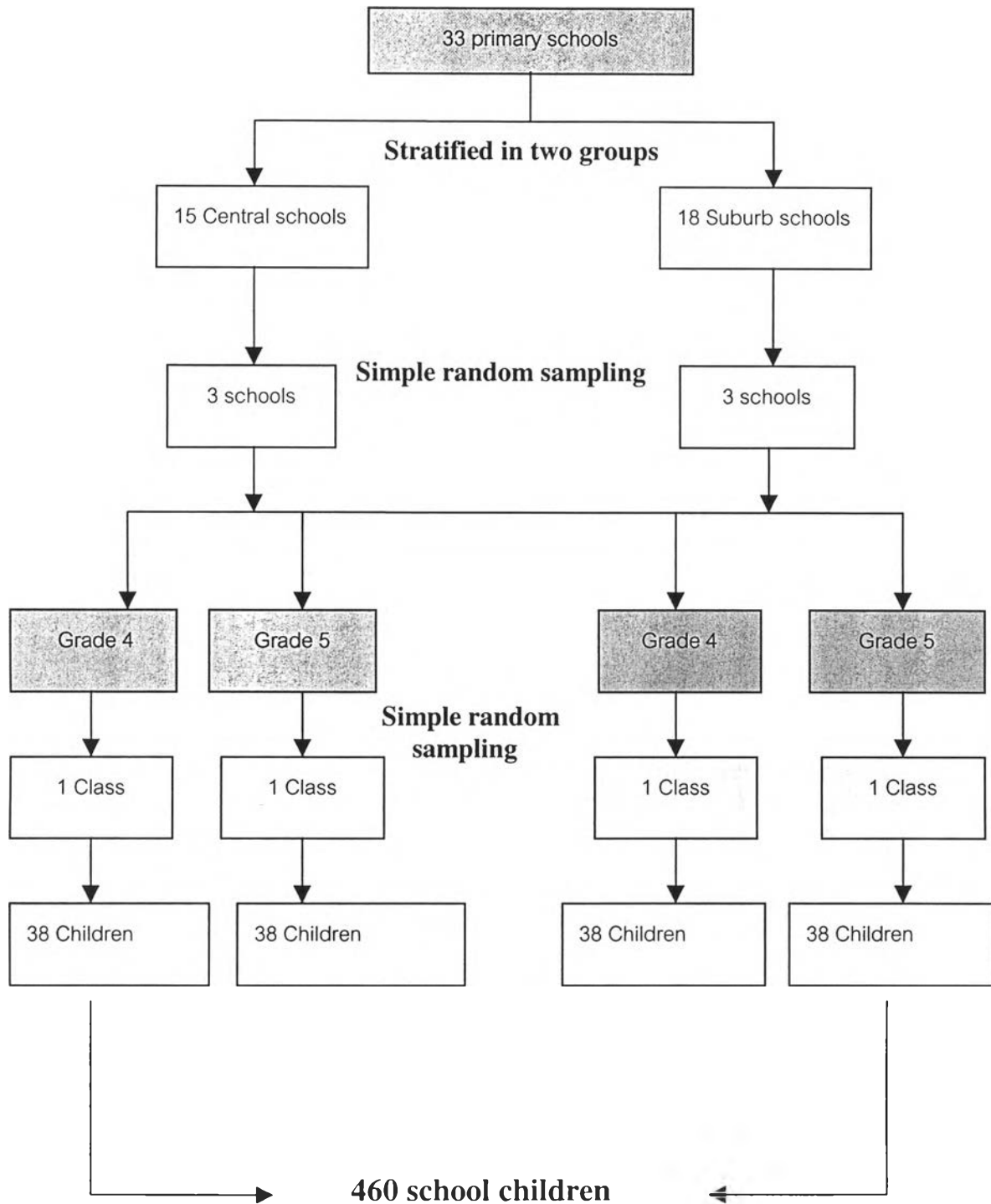
This means cultural attitude, belief, body image, and attitude on physical activities

4. Practice of mother

This refers to mothers' food practices such as kinds of food, the number of meals per day, regularity of meals, and physical activities.

APPENDIX B

Figure 7: Sampling Scheme



APPENDIX C

QUESTIONNAIRE FOR CHILDREN

ID NO.....

Name of childClass.....Grade

Date Survey.....

Part II. General characteristics of children

1. Age: years

 Birthday of the child: Day..... Month Year.....

2. Gender: (1) Male (2) Female

3. How many brothers and sisters you have got?

4. Position in the family:

- (1) First child
- (2) Middle child
- (3) Youngest child
- (4) Single child

5. Weight: kgs

6. Heightcms

7. Waist circumferencecms

8. Hip circumference.....cms

Part II. Physical activities

The question will ask you about the time you spent being physical active in the last 7 days.

Think about all the vigorous activities that you did in the last 7 days. Vigorous physical activities refer to activities that take hard physical effort and make you breath much harder than normal. Think only those activities that you did for at least 10 minutes at a time.

9. During the last 7 days, on how many days did you do vigorous physical activities like aerobics, playing football, karate, judo or fast cycling?

If Yes,.....days per week

If no vigorous physical activities carried out, please proceed to question 11

10. How much time did you spend for vigorous physical activities on those days?

.....hours per day

.....minutes per day

Don't know / Not sure

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate amount physical effort and make you breathe some what harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

11. During the last 7 days, on how many days did you do moderate physical activities like cycling at regular pace, playing badminton, brisk walking, swimming? Do not include walking

.....days per week

If no moderate physical activities carried out, proceed to question 13

12. How much time did you spend doing moderate physical activities on those days?

.....hours per day

.....minutes per day

Don't know / Not sure

Think about the number of times you walked in the last 7 days. This includes at home, walking from place to place, and any other walking that you did solely for recreation, sport, exercise, or during leisure time.

13. During the last 7 days, on how many days did you walk to school at least 10 minutes at a time?

.....days per week

If not walked, please proceed to question 15

14. How much time did you spend walking on one of those days?

.....minutes per day

.....hours per day

Don't know / Not sure

This question is about the time you spent sitting on weekdays during the last 7 days. Include time spent at home, while in class and during leisure time. This may include time spent sitting at desk, visiting friends, reading, or sitting or lying down to watch television

15. During the last 7 days, how much time did you spend sitting on a week day?

.....minutes per day

.....hour per day

Don't know /Not sure

Part III. Knowledge of children

Check on the foods in each line that you think is better for your health

22. ___ice cream OR ___fresh fruit (water melon)

23 ___fruit juice OR ___Coca cola/fanta

24 ___animal fat OR ___vegetable oil

26. ___ meat OR ___fish

Please put (✓) mark in front of the correct answers

for coding

27. How many meals you consider good nutrition?	_ (1) <3 meals _ (2) 3-4meals _ (3) >4 meals	
28. Are physical activities good for health?	_ (1) Yes _ (2) No _ (3) Don't know	
29. How long should you exercise every day?	_ (1) < 30 minutes _ (2) ≥ 30 minutes	

Part IV. Attitude of children

Please put (√) mark in front of the correct answers

for coding

30. What do you think of your physical appearance?	<input type="checkbox"/> (1) Too thin <input type="checkbox"/> (2) Just right <input type="checkbox"/> (3) Too fat	
31. You think excessive drinking of sweet beverages (Coca cola, Pepsi etc.) is good for health	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (3) Disagree	
32. You think meat with fat is unhealthy	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (3) Disagree	
34. You like to involve in physical activities (Playing football, badminton, etc.) every	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (3) Disagree	
34. You think physical activities are necessary	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (3) Disagree	
35. You don't like spending all your time for studies	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (3) Disagree	

Thank you for your participation and cooperation in this research

APPENDIX D

Questionnaire for Parents/Care-takers

IDNo.....

Part I: Socio-demographic features of parents

Please put your answers in the blanks or put (√) mark in the check boxes

1. Age of mother.....years

Last birthday.....

2. Age of fatheryears

Last birthday

3. Mother's education:

(1) Below primary school

(2) Finished primary school

(3) Finished secondary school

(4) Above secondary school

4. Family size

(1) < 3 members

(2) 3 –5members

(3) > 5 members

5. Type of family

(1) Extended

(2) Nuclear

6. Family income:

(1) < 300.000 dong / person/ month

(2) 300.000- 500.000 dong / person/month

(3) > 500.000 dong/person/ month

7. Mother's occupation

(1) Worker

(2) Government staff

(2) House wife

(3) Others

8. Father's occupation

- (1). Worker
 (2). Government staff
 (3). House wife
 (4). Others (specify).....

9. Weight of mother(kgs)

10. Height of mother(cms)

11. Weight of father(kgs)

12. Height of father (cms)

Part II. Practice of mother

13. How many meals you eat every day?

.....meals/day

Please put (✓) mark in front of the correct answers

14. Which of the following food list below you use most frequently?	<input type="checkbox"/> (1) Fatty meat <input type="checkbox"/> (2) Lean meat <input type="checkbox"/> (3) Fish	
15. Which one of the following items listed below you most frequently to cook?	<input type="checkbox"/> (1) Animal fat <input type="checkbox"/> (2) Vegetable oil	
16. How often did you include vegetable in your meals?	<input type="checkbox"/> (1) Every meal <input type="checkbox"/> (2) Some time <input type="checkbox"/> (3) Rarely Agree	
17. Do you have snacks on chips and biscuits, candy?	<input type="checkbox"/> (1) Yes <input type="checkbox"/> (2) No	
18. Do you have snack on after dinner before going to bed?	<input type="checkbox"/> (1) Yes <input type="checkbox"/> (2) No	
19. Do you use foods as rewards for your children?	<input type="checkbox"/> (1) Yes <input type="checkbox"/> (2) No	
20. Do you encourage your children to take part in physical activities?	<input type="checkbox"/> (1) Yes <input type="checkbox"/> (2) No	

Part III. Knowledge of mother

Please put (✓) mark in front of the correct answers

21. Selected food in each item you think good for health

a) (1) Fish or (2) pork

b) (1) Vegetable oil or (2) animal fat

22. What should be the normal composition of your diet?

(Answers more than one)

(1) Proteins (meat, fish, eggs...)

(2) Carbohydrates (Rice, corn, tubers...)

(3) Lipids (Oil /fat)

(4) Vitamins and minerals (vegetables, fruits)

23. What kind of foods should not be over-eaten?

(1) Cereal (rice, corn...)

(6) Lean meat, fish

(2) Fat/ Oil.

(7) Sugar/Sweets

(3) Fruits

(8) Vegetables

(4) Organ meat

(5) Others (specify).....

24. Eating less or eating more lead to malnutrition	_ (1) Yes _ (2) No _ (3) Don't know	
25. Are physical activities good for health?	_ (1) Yes _ (2) No _ (3) Don't know	
26. How long should you exercise every day?	_ (1) < 30 minutes _ (2) > 30 minutes	
26. Do you think that children need to do physical activities?	_ (1) Yes _ (2) No _ (3) Don't know	
27. Is physical activity necessary for prevention of weight gain?	_ (1) Yes _ (2) No _ (3) Don't know	

Part IV. Attitude of mother

Please put (√) mark in front of the correct answers

28. Do you want your child become overweight?	<input type="checkbox"/> (1) Yes <input type="checkbox"/> (2) No	
29. Do you think your child	<input type="checkbox"/> (1) too thin <input type="checkbox"/> (2) just right <input type="checkbox"/> (3) too fat	
30. Do you prefer to have son than daughter?	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	
31. Do you think son feed more or better food than daughter?	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	
32. You think children need to eat as much as possible	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	
33. Overeating of fatty or sweet food is not good for health	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	
34. You think physical activity is necessary for children	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	
35. You want your children to spend all time in studies	<input type="checkbox"/> (1) Agree <input type="checkbox"/> (2) Undecided <input type="checkbox"/> (1) Disagree	

Thank you for your participation and co-operation in this research

APPENDIX E

Proposal for Advance Money

Thesis Title: Assessment of overweight and obesity in primary school children in Thainguyen city, in Vietnam From: NGUYEN THI TO UYEN Scholar of DETEC University: Chulalongkorn, College of Public Health Course: MPH (Health System Development) Duration: 2003-2004
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OBJECTIVE: - Research proposal - Pretest of questionnaires - Training of data collectors - Data collection
Place of data collection: Primary Schools in Thai Nguyen city, Vietnam Total sample for: 460 school children and their parents (total 920 questionnaires) Time: 8 th January- 8 February 2004

Description of expense for data collection

No	Item	Unit	Price (Baht)	Unit (number)	Total Budget (Baht)
1	Train interviewers				
	- Participant	Person	200/p	10p* 1 day	2,000
	- Trainer	Person	300/p	1p* 1day	300
2	Translation				
	-Hiring translator	Person	1000	1	1,000
3.	Pre- testing				
	- Interviewers	Person	300	2 p *4day	2,400
	- Photocopy	Page	1	100	100
	- Data processing	Person	200	2p*2 day	800
3.	Data collection:				
	-Interviewers	Person	300/p	10p* 10day	30,000
	-Photocopy	Ques.	10/p	920 ques.	9,000
	-Stationery	Set	50	50	250
	- Data processing	Person	200/p	2p* 10day	2,000
Grand total:					47,850

Representative of the College of Public Health
 Chulalongkorn University.

(scholar)

APPENDIX G

Table 4.29: Frequency and percentage of responses to questions on knowledge

N= 460

Items (Total numbers of items:8)	True answers		Wrong answer and don't know	
	n	%	n	%
1. Select the foods in each item that you think is better for your health				
1.1. Ice cream or fresh fruit	420	91.3	39	8.0
1.2. Fruit juice or coca-cola / fanta	387	84.1	73	15.9
1.3. Animal fat or vegetable oil	322	70.0	138	30.0
1.4. Meat or fish	304	66.1	156	33.9
5. How many meals you consider good nutrition?	413	89.8	47	10.2
6. Are physical activities good for health?	426	92.6	54	11.4
8. Time should do exercise	341	74.1	119	25.9

Table 4.30: Frequency and percentage of responses to questions on attitude

Items (Total numbers of items:6)	True answers		Wrong answer and don't know	
	n	%	n	%
1. What do you think of your physical appearance?	314	68.3	146	31.7
2. You think excessive drink of sweet beverages	397	86.3	63	13.7
3. You think eating a lot meat with fat is unhealthy	299	65.0	161	35.0
4. You like to involve in physical activities	447	97.2	13	2.8
5. You think physical activities are necessary	434	94.3	26	5.7
6. You do not like spending all your time for studies	412	89.6	48	10.4

Table 4.31: Frequency and percentage of responses to questions on practices

Items (Total numbers of items:8)	N= 460			
	True answers		Wrong answer and don't know	
	n	%	n	%
1. Number of meals per day	265	57.6	195	42.5
2. What kind of food you used most frequently?	265	57.6	195	42.5
2.1 Fatty meat				
2.2. Lean meat	198	43.0	262	57.0
2.3 Fish	169	36.7	291	63.3
3. Did you usually use animal fat or vegetable oil to cook food?	289	62.8	171	37.2
4. Did you include vegetable in your meals every day?	376	81.7	84	18.3
5. Did you have snack on after dinner before going to bed?	353	76.7	106	23.0
6. Did you have snacks on chips and biscuits, candy?	341	74.1	119	25.9
7. Did you use foods as rewards for children?	290	63.0	169	36.7
8. Did you encourage your child to take part in physical activities	434	94.3	26	5.7

Table 4.32: Frequency and percentage of mothers answers questions by knowledge

Items	True answers		Wrong answers		Total	
	n	%	n	%	n	%
1. Pork is better than fish, isn't it?	205	44.6	255	55.4	460	100
2. Eating animal fat is better than vegetable fat, isn't it?	309	67.2	151	32.8	460	100
3. What should be the normal* composition of your diet?	296	64.3	164	35.7	460	100
4. What kind of foods should not be over-eaten?*	113	24.6	347	75.4	460	100
5. Eating less or eating more lead to malnutrition isn't it?	420	91.3	40	8.7	460	100
6. Are physical activities good for health?	433	94.1	27	5.9	460	100
7. How long should you exercise every day?	182	39.6	287	60.4	460	100
8. Are physical activities necessary for prevention of weight gain?	423	92.0	37	8.0	460	100

Table 4.33: Frequency and percentage of mothers answers questions by attitude

Items	True answers		Wrong answers		Total	
	n	%	n	%	n	%
1. Do you want your child become overweight?	77	16.7	383	83.3	460	100
2. What do you think your child about physician appearance?	315	68.5	145	31.5	460	100
3. Do you prefer to have son than daughter?	390	84.8	70	15.2	460	100
4. Do you think son feed more or better food than daughter?	416	90.4	44	9.6	460	100
5. Do you think children need to eat as much as possible?	396	96.1	64	13.9	460	100
6. Overeating of sweet food is not good for health?	429	93.3	64	13.9	460	100
7. Do you think physical activities are necessary for children?	454	98.7	6	1.3	460	100
8. Do you want your children spend all time in studies?	370	80.4	90	19.6	460	100

APPENDIX F

SCHEDULE ACTIVITIES

No	Activities	November				December				January				February				March				April				May			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
1	Writing proposal	■	■	■																									
2	Submit first draft				■	■																							
3	Revise first draft					■	■																						
4	Submit for proposal exam						■	■																					
5	Proposal exam							■	■																				
6	Revise proposal									■																			
7	Recruit and train interviewers										■																		
8	Pretest questionnaire										■																		
9	Revise questionnaire										■																		
10	Conduct structure interviews											■	■	■															
11	Data management														■														
12	Data analysis														■	■	■												
13	Report writing																		■	■	■								
14	Submit for final defense																			■	■								
15	Thesis exam																						■	■	■				
16	Revision																							■	■				
17	Submit as the final product																								■	■			

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