Whether the mother's obesity status has effect on the obesity of preschool children? 
Birjand -2009

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Introduction: The purpose of this study was to determine the prevalence of obesity and overweight in children 2 to 5 years in Birjand and its relationship to maternal obesity.

Methods: This descriptive analytical study was performed on 500 children 2 to 5 year old kindergarten and their mothers in Birjand 2009.
Children and mothers' height and weight were measured using standard methods to calculate Body Mass Index (BMI). In children, BMI between f 85 to 95 percentile were considered as overweight and BMI greater than 95 percentile as obesity, according to the CDC standard. In their mothers, BMI between 25 to 29 and BMI ≥ 30 were considered as overweight and obesity respectively. Then data were collected and analysed by SPSS.

Results: The prevalence of obesity in children was 7/6% (6/3% in girls and 8/8% in boys) and the prevalence of overweight was 10/6% (11/7% in girls and 9/65 in boys). 30% of mothers were overweight and 6/8% of them had obesity. The prevalence of obesity and overweight in children of mothers with normal BMI were 6/7% and 8/3%, in children of overweight mothers were 7/9 and 14/6% and in children of obese mothers were 14/7% and 14/7% respectively. (P=0.01)

Conclusion: The positive and significant relationship between obesity in mothers and children, teaching families to improve the nutritional and behavioral patterns and weight monitoring, especially in families of obese children is important.

Key words: Obesity - Overweight - Preschool Children - Body Mass Index – maternal obesity