

RELATIONSHIP OF PARENTAL EFFICACY AND EFFECTS OF A PILOT YOUTH WEIGHT MANAGEMENT PROGRAM ON HEALTH AND FITNESS OF OVERWEIGHT AND OBESE CHILDREN

Abstract

This study was designed to pilot test a paediatric weight management program. Fourteen parents and children (Male n=5, Female n=9, Age: 11.0±2.0yrs, Height 152.5±12.3cm, BMI 34.75±10.3) volunteered to participate. Parents completed a modified version of the Self Efficacy Scale for Exercise. Youth were tested for cardiovascular fitness, body composition, body mass index, muscular endurance, and flexibility. In general the youth were classified in poor health based on BMI, body composition, muscular endurance and aerobic capacity. Overall the program was successful in increasing health, and a significant correlation was revealed for efficacy of provision of exercise by parents and the BMI of children ($r=-0.522$, $p=0.05$). The results suggest that parental efficacy may be a discriminating factor within a population of overweight/obese, low fitness youth. Parental involvement and empowerment may be a key to weight management within this population.

Keywords: *childhood obesity, physical activity, parental influence, intervention*
