



ORIGINAL ARTICLE

Influence of overweight on the health-related quality of life in adolescents^{☆,☆☆}



A. Herranz Barbero^{*}, M^a.R. López de Mesa, C. Azcona San Julián

Departamento de Pediatría, Clínica Universidad de Navarra, Pamplona, Navarra, Spain

Received 27 April 2014; accepted 20 June 2014

Available online 1 March 2015

KEYWORDS

Health related quality of life;
Adolescents;
Overweight;
Obesity

Abstract

Introduction: Changes in lifestyle and diet have led to a progressive increase in the prevalence of overweight and obesity. This disorder can lead to significant physical and psychosocial effects that affect the health related quality of life (HRQOL). Adolescence is a time of great vulnerability and very decisive in personality development. The objective of this study was to assess the influence of weight status on HRQoL in adolescents.

Population and methods: A cross-sectional study conducted on adolescents of 12–16 years old and an assessment of HRQOL using the CHIP-Adolescents Edition questionnaires.

Results: Out of a total of 89 adolescents included, 60.7% had a normal weight and 39.3% were overweight–obese. The normal weight participants had a higher mean age than overweight–obesity participants, 14.2 vs. 13.6 years old, respectively. There were no other differences in sociodemographic characteristics between groups. Overweight–obese adolescents had a worse HRQoL, specifically as regards less resilience, lower capacity for physical activity, less family involvement, and greater peer influence. Moreover, the girls showed a lower self-esteem, satisfaction, resilience and physical activity than boys. Furthermore, less home safety and health, higher individual risk and greater peer influence was reported with increasing age of participants.

Conclusion: Overweight–obesity negatively affects the HRQoL of adolescents. It is important to evaluate the psychosocial aspects from the perspective of the adolescents, in order to offer them a complete, personalised and multidisciplinary care.

© 2014 Asociación Española de Pediatría. Published by Elsevier España, S.L.U. All rights reserved.

[☆] Please cite this article as: Herranz Barbero A, López de Mesa MR, Azcona San Julián C. Influencia del exceso de peso en la calidad de vida relacionada con la salud de los adolescentes. An Pediatr (Barc). 2015;82:131–138.

^{☆☆} **Previous presentation:** the results of this study were presented in part as an oral communication under the title “Repercusión del sobrepeso y la obesidad en la calidad de vida relacionada con la salud de los adolescentes” at the 61 Congreso de la Asociación Española de Pediatría; May 31–June 2, 2012; Granada, Spain.

^{*} Corresponding author.

E-mail address: anherranzbarbero@gmail.com (A. Herranz Barbero).

PALABRAS CLAVE

Calidad de vida relacionada con la salud;
Adolescentes;
Sobrepeso;
Obesidad

Influencia del exceso de peso en la calidad de vida relacionada con la salud de los adolescentes**Resumen**

Introducción: Los cambios en el estilo de vida y la alimentación han conllevado un aumento progresivo de la prevalencia del sobrepeso-obesidad. Esta enfermedad puede conllevar importantes repercusiones físicas y psicosociales que deterioran la calidad de vida relacionada con la salud (CVRS). La adolescencia es una etapa de gran vulnerabilidad por el entorno y muy determinante en el desarrollo de la personalidad del individuo. El objetivo fue evaluar la influencia del estado ponderal en la CVRS de los adolescentes.

Población y métodos: Estudio transversal de adolescentes de 12 a 16 años. Evaluación de la CVRS mediante los cuestionarios CHIP-Adolescent Edition.

Resultados: Ochenta y nueve adolescentes, 60,7%, eran normoponderales y el 39,3% tenía sobrepeso-obesidad. Los participantes normoponderales tenían una edad media superior a los participantes con sobrepeso-obesidad, 14,2 frente a 13,6 años, respectivamente. No había otras diferencias entre las características sociodemográficas de ambos grupos. Los adolescentes con sobrepeso-obesidad reflejaron peor CVRS, concretamente refirieron menor resistencia, menor capacidad de actividad física, menor participación familiar y mayor influencia de sus iguales. Asimismo, las chicas reflejaron menor autoestima, satisfacción, resistencia y capacidad de actividad física que los chicos. Por otro lado, a medida que aumentaba la edad de los participantes, referían menor salud y seguridad en el hogar, mayor riesgo individual y mayor influencia de sus iguales.

Conclusión: El sobrepeso-obesidad repercute negativamente en la CVRS de los adolescentes. Consideramos importante evaluar los aspectos psicosociales desde la perspectiva del paciente para poder ofrecerle una atención personalizada y multidisciplinar.

© 2014 Asociación Española de Pediatría. Publicado por Elsevier España, S.L.U. Todos los derechos reservados.

Introduction

Overweight–obesity is an endemic disease in developed countries. They are the most frequent metabolic disorders in the western world. The World Health Organization believes that it constitutes a serious public health problem and has labelled it as the pandemic of the XXI century.¹ According to the last national survey conducted in Spain, the Encuesta Nacional de Salud de España 2011–2012, the prevalence of overweight in the 2–17 year old population is of 18.26%, and the prevalence of obesity of 9.56%. The figures specific to the Autonomous Community of Navarra for this age group show a prevalence of overweight and obesity of 15.79% and 7.81%, respectively.²

The aetiology of obesity has been subject to numerous studies. Nowadays, it would be more accurate to speak of “obesities” than of “obesity”, as there is evidence that it can be due to endogenous or exogenous causes; be a primary disease or develop secondary to another condition; or be a monogenic or polygenic trait.³ The literature has described numerous clinical and metabolic complications associated with excess body fat, both in the short and the long term: insulin resistance, hypercholesterolaemia, type 2 diabetes mellitus, metabolic syndrome, polycystic ovary syndrome, or cardiovascular disease.^{4,5} Excess body fat is also associated with behavioural and psychosocial complications: eating disorders, anxiety, depression, dependence, passivity, poor academic performance, social isolation, real or perceived discrimination, and low self-esteem.^{6–8}

The concept of health encompasses more than the absence of disease. In children and adolescents, the concept of health has certain characteristics, as stated by Starfield: “The measurement of health in children should consider their capacity to fully participate in physical, social, and psychosocial activities and functions adequate to their age.”⁹ The concept of health-related quality of life (HRQoL) entered the healthcare field in the 1970s, and stemmed from the belief that patient wellbeing and how patients experience their disease and the medical care they receive are important factors to consider during treatment and followup.^{10,11} Adolescence is a key stage in the development of an individual’s personality and traits, and it is a very vulnerable period during which individuals are particularly susceptible to beneficial and deleterious environmental factors. As noted above, overweight and obesity have a significant impact on overall HRQoL and on self-esteem, physical wellbeing, and emotional wellbeing in particular.

There are studies about the impact of overweight–obesity on the HRQoL of adolescents, but so far none have been conducted in Spain. Our hypothesis was that overweight and obesity may have physical and psychosocial consequences that are detrimental to the HRQoL of adolescents. The aim of this study was to analyse the scores obtained by adolescents 12–16 years of age for different aspects of HRQoL and assess whether there are differences associated with sociodemographic characteristics or weight status.

Download English Version:

<https://daneshyari.com/en/article/4145181>

Download Persian Version:

<https://daneshyari.com/article/4145181>

[Daneshyari.com](https://daneshyari.com)