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Management of Obesity in Childhood and Adolescence: A Survey of Primary Health Care Physicians in Riyadh

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Background: Childhood and adolescent overweight and obesity undertaking at primary health care (PHC) level was assessed by studying knowledge, attitudes and practices (KAP) of physicians as first line of control.

Methods: A survey of PHC physicians working at eight major hospitals in Riyadh was done in 2011 on management of childhood and adolescence overweight and obesity. Physicians who always recommended and involved patient, parents, and others, for weight management, when encountering overweight or obese children and/or adolescence during the past one year were defined to have appropriate KAP. Questionnaires were distributed through administrative staff and were collected after one week from each hospital keeping the confidentiality of respondents.

Results: Of the 58 physicians who responded; 35 were males; 50% had more than 10 years of working experience for 10-40 hours per week, and 51.7% had appropriate KAP. Physicians in appropriate KAP group (52.6%) differed from other physicians by; being a female ($p<0.016$), attending workshops, seminars, and continued medical education sessions ($p<0.026$), referring patients to Pediatric obesity specialist ($p<0.041$), reported lack of clinician time ($p<0.055$), did not lack clinical knowledge about overweight/obesity ($p<0.039$), were not of opinion that recommendations for managing overweight/obesity were ineffective ($p<0.017$), had concerns for precipitating eating disorders ($p<0.019$), did not feel uncomfortable when examining an obese patient ($p<0.02$), and always considered patient's readiness to make a weight change ($p<0.007$).

Conclusion: PHC level desires enhanced KAP to deal with overweight and obese children and Adolescence to check the increasing risk factors for chronic diseases in Saudi population

Biography

Majeedah Alotaibi has Graduated from king Saud university (Saudi Arabia) –collage of medicine and surgery on 2014, she is now ophthalmology resident on King Saud medical city.

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