



Offita barna og unglina -
Einhver ráð?
Ragnar Bjarnason

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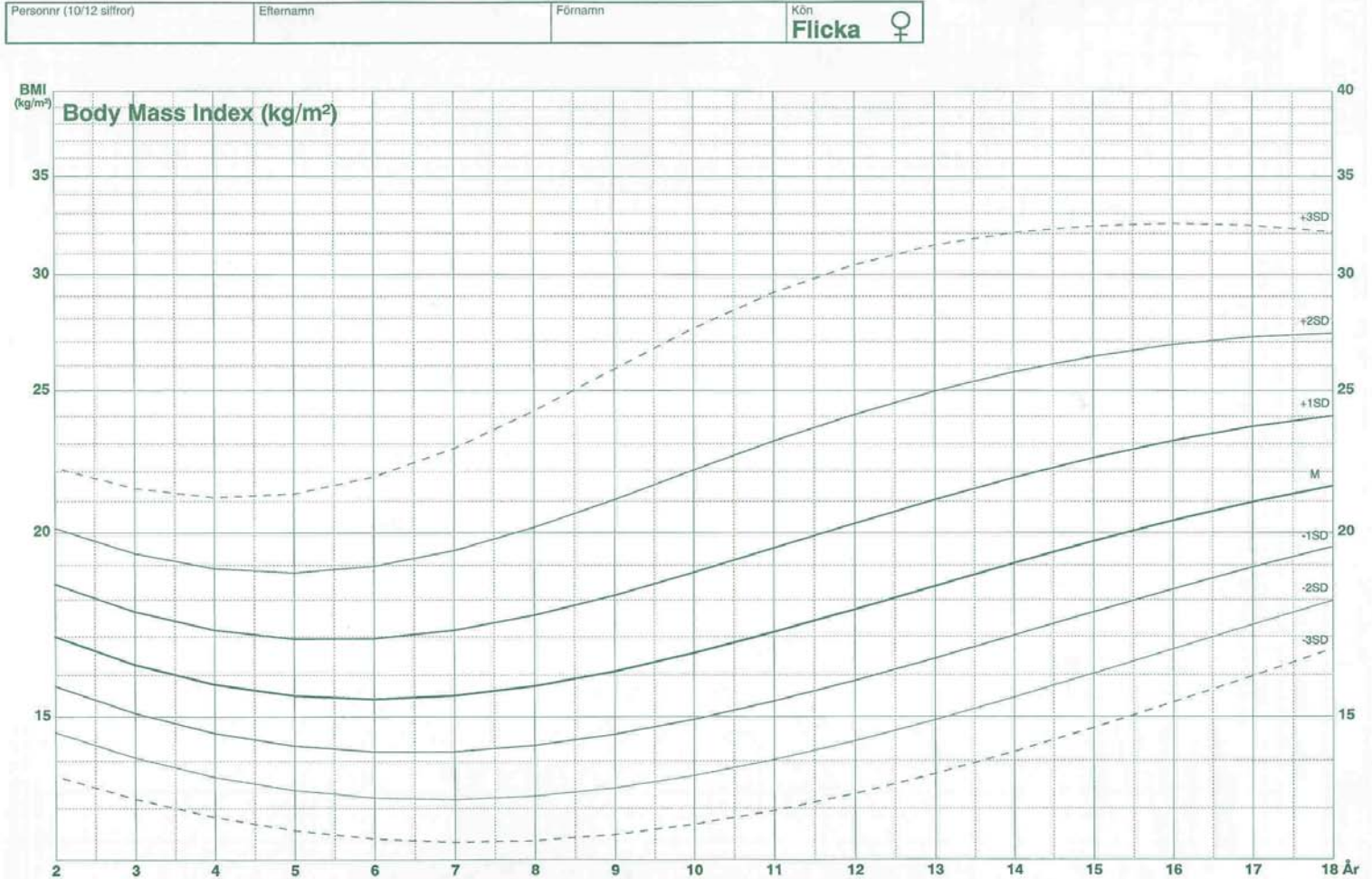
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BUGL 2013-01-11





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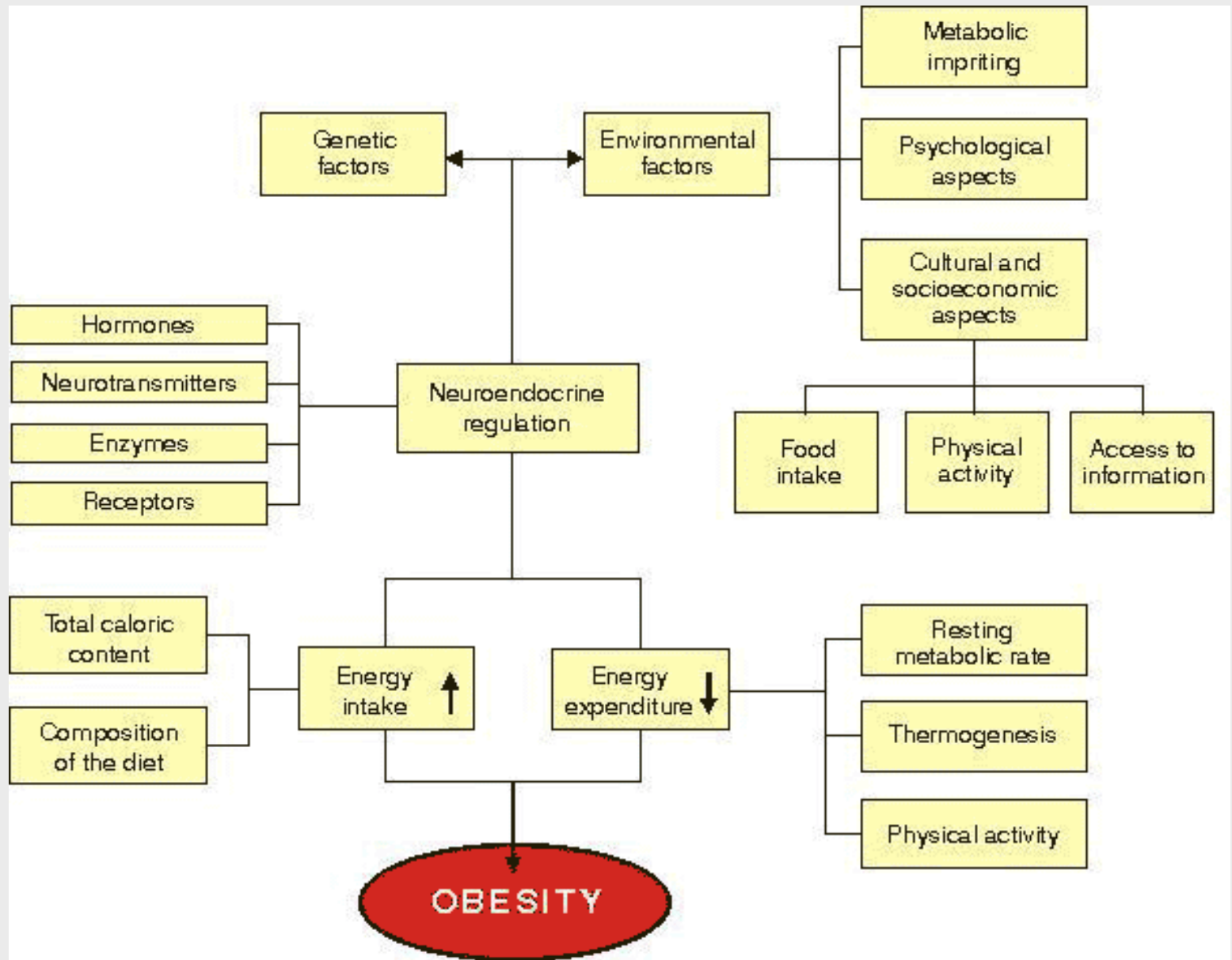
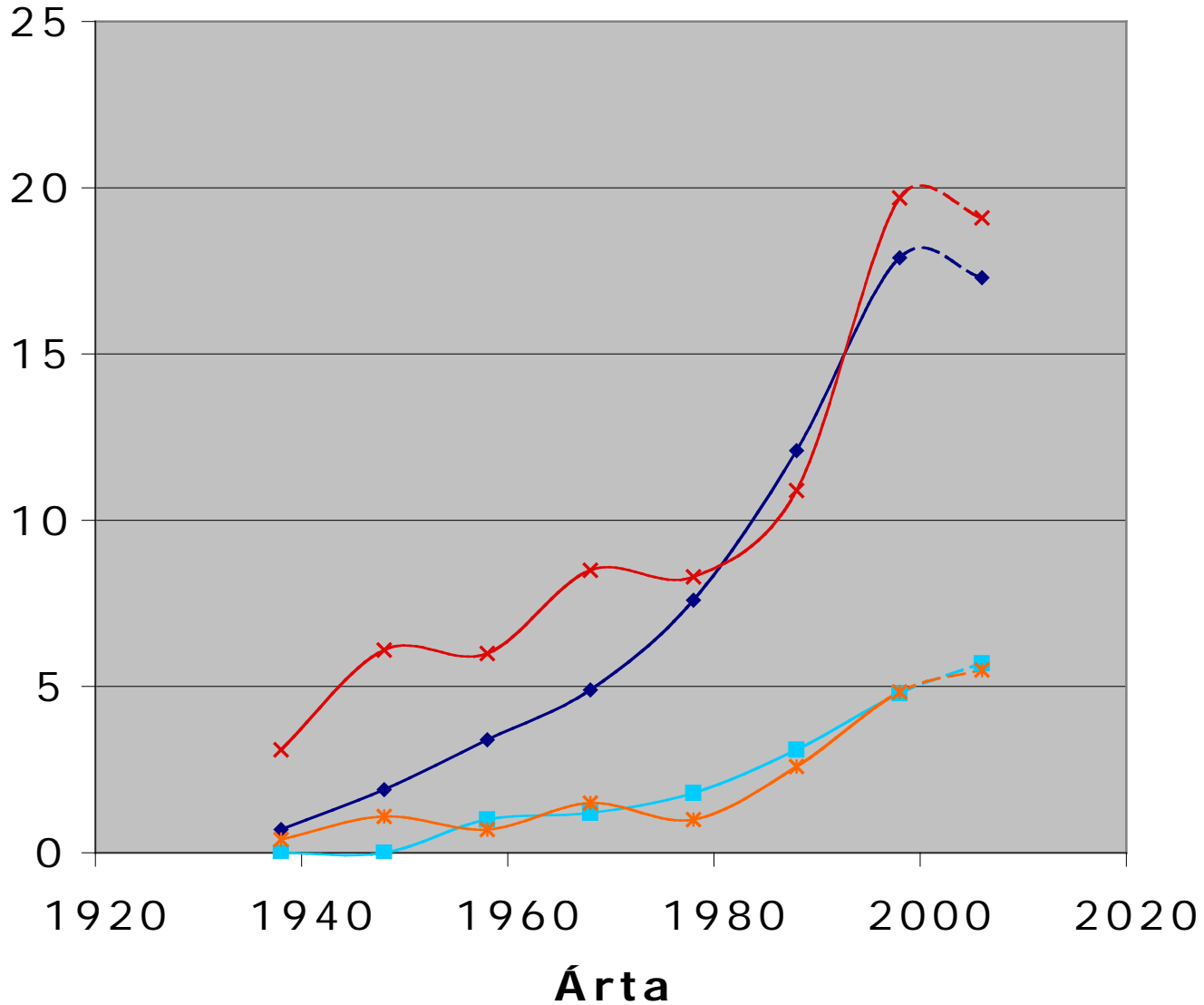


Figure 1 - Causal model for obesity



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9 ára skólabörn, Brynhildur Briem



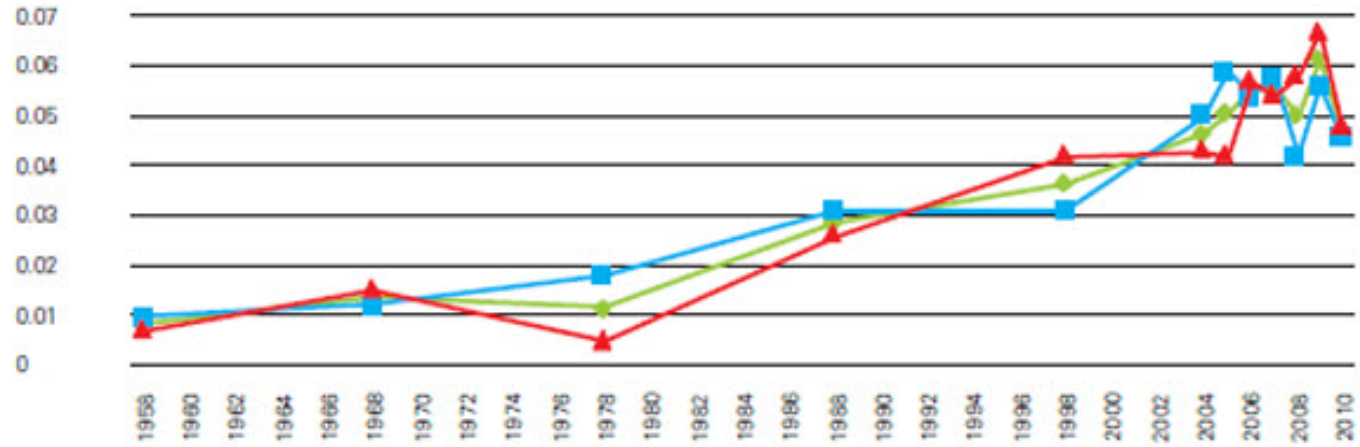


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*Fyrstu áratuginu eru aðeins upplýsingar um börn í Reykjavík, en frá 2004 eru upplýsingar um öll börn á höfuðborgarsvæðinu.

Mynd 2.5.1¹

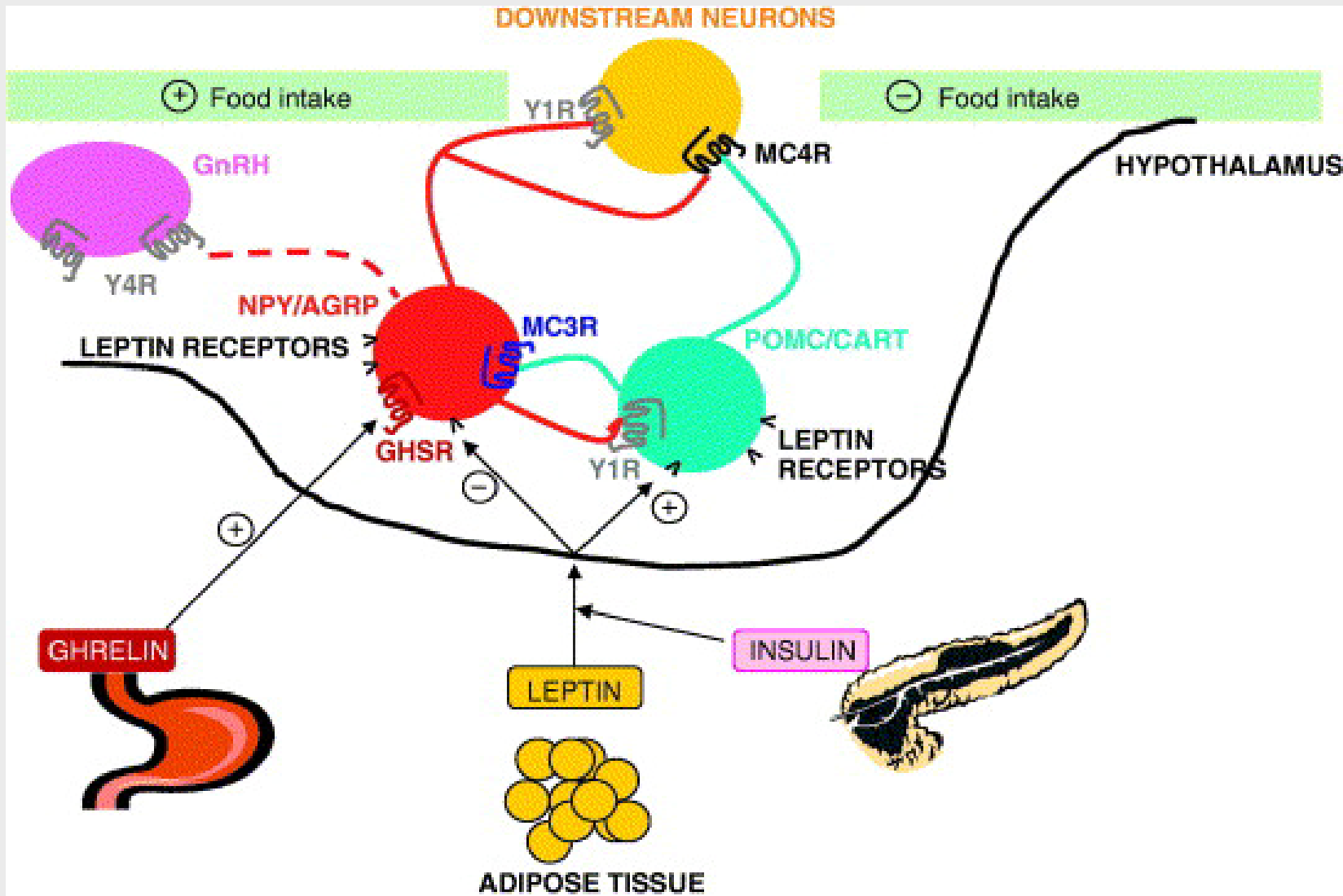
Þróun offitu barna í Reykjavík og á höfuðborgarsvæðinu, 1958-2009



| | 1958 | 1968 | 1978 | 1988 | 1998 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 |
|----------------|--------|--------|--------|--------|--------|--------|--------|--------|-------|-------|--------|---------|
| 9 ára, allir | 0.0085 | 0.0135 | 0.0115 | 0.0285 | 0.0365 | 0.0465 | 0.0505 | 0.0555 | 0.056 | 0.05 | 0.0615 | 0.04675 |
| 9 ára, strákar | 0.01 | 0.012 | 0.018 | 0.031 | 0.031 | 0.05 | 0.059 | 0.054 | 0.058 | 0.042 | 0.056 | 0.0455 |
| 9 ára, stelpur | 0.007 | 0.015 | 0.005 | 0.026 | 0.042 | 0.043 | 0.042 | 0.057 | 0.054 | 0.058 | 0.067 | 0.048 |

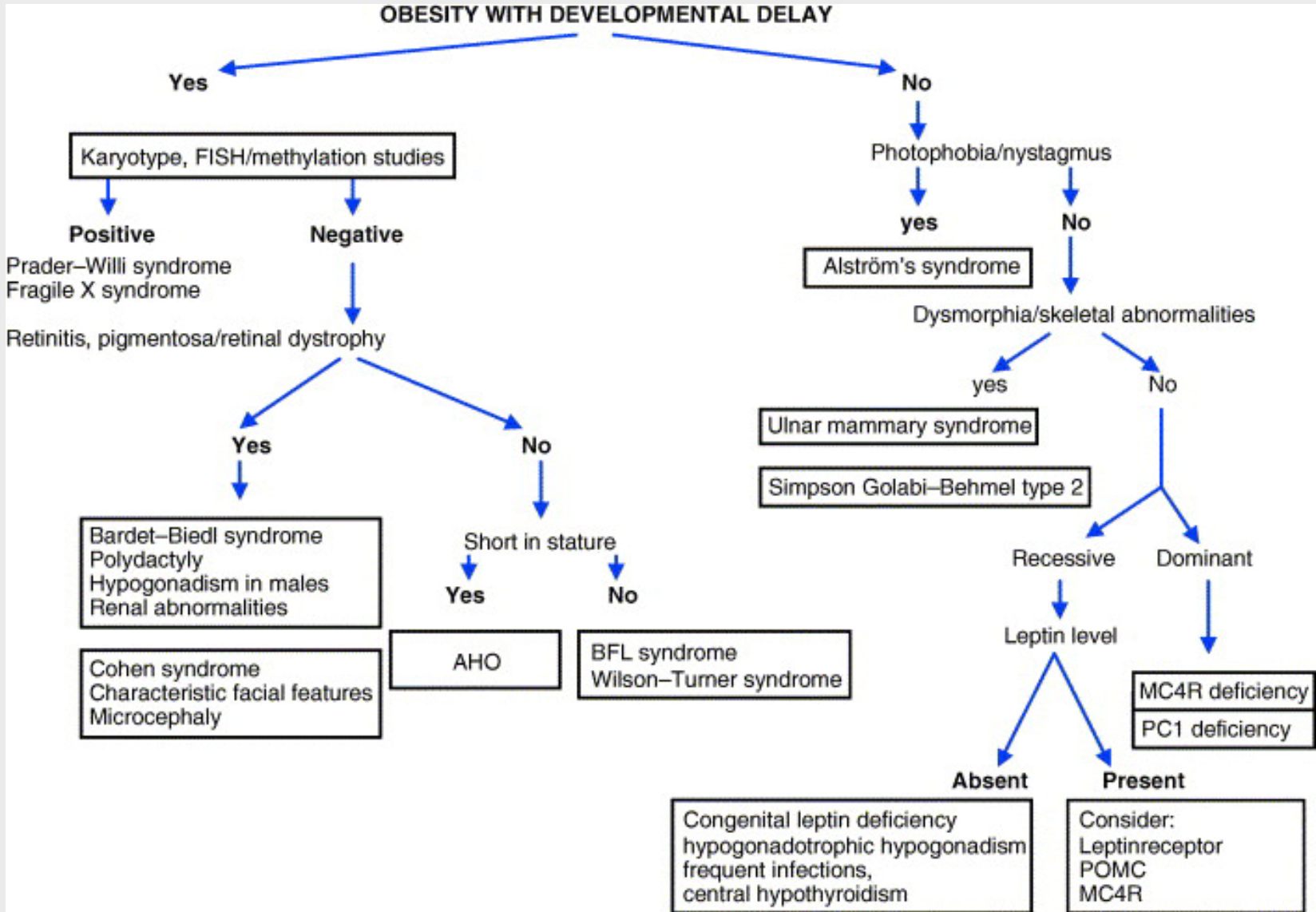


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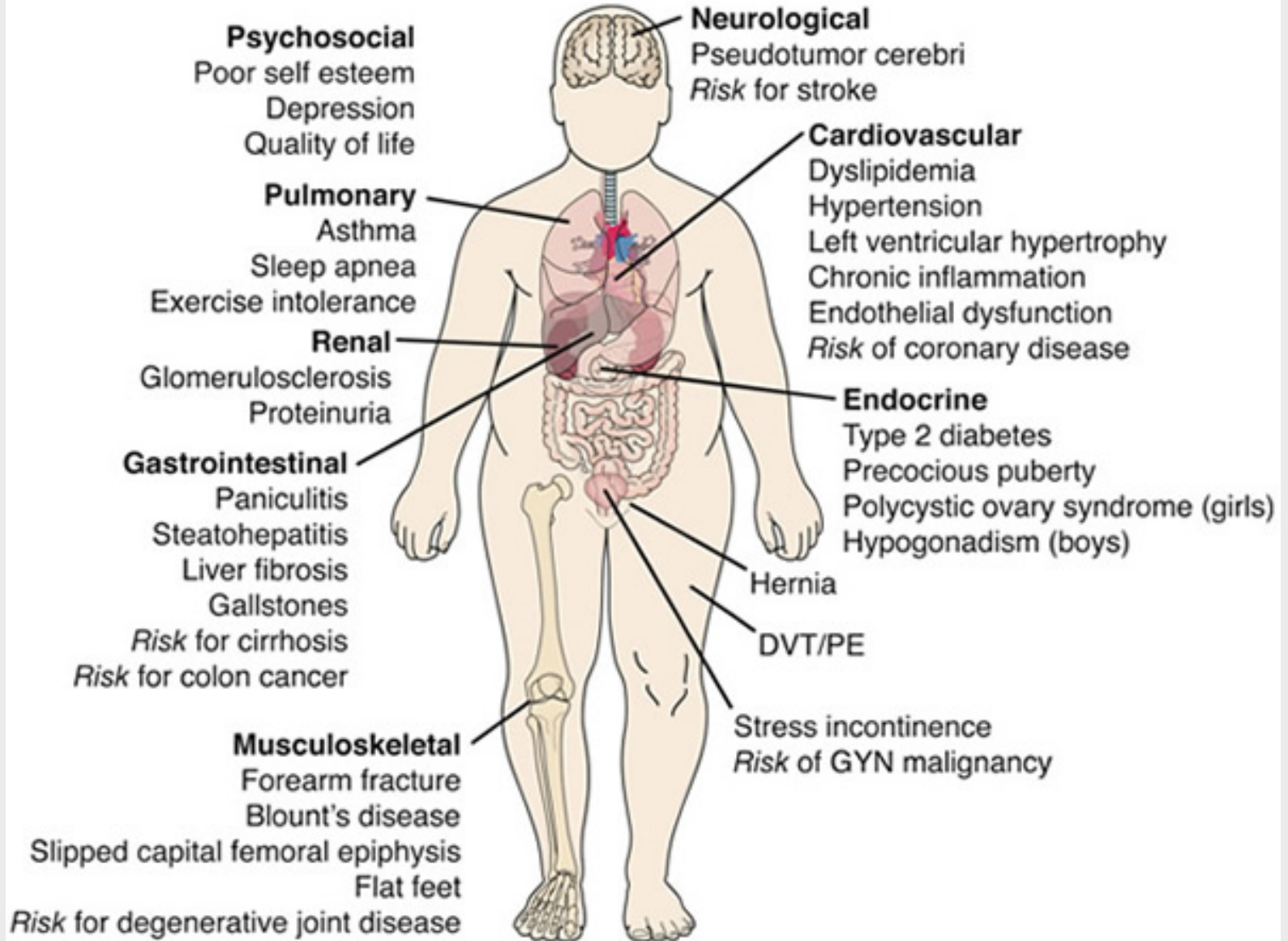




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Complications of Childhood Obesity





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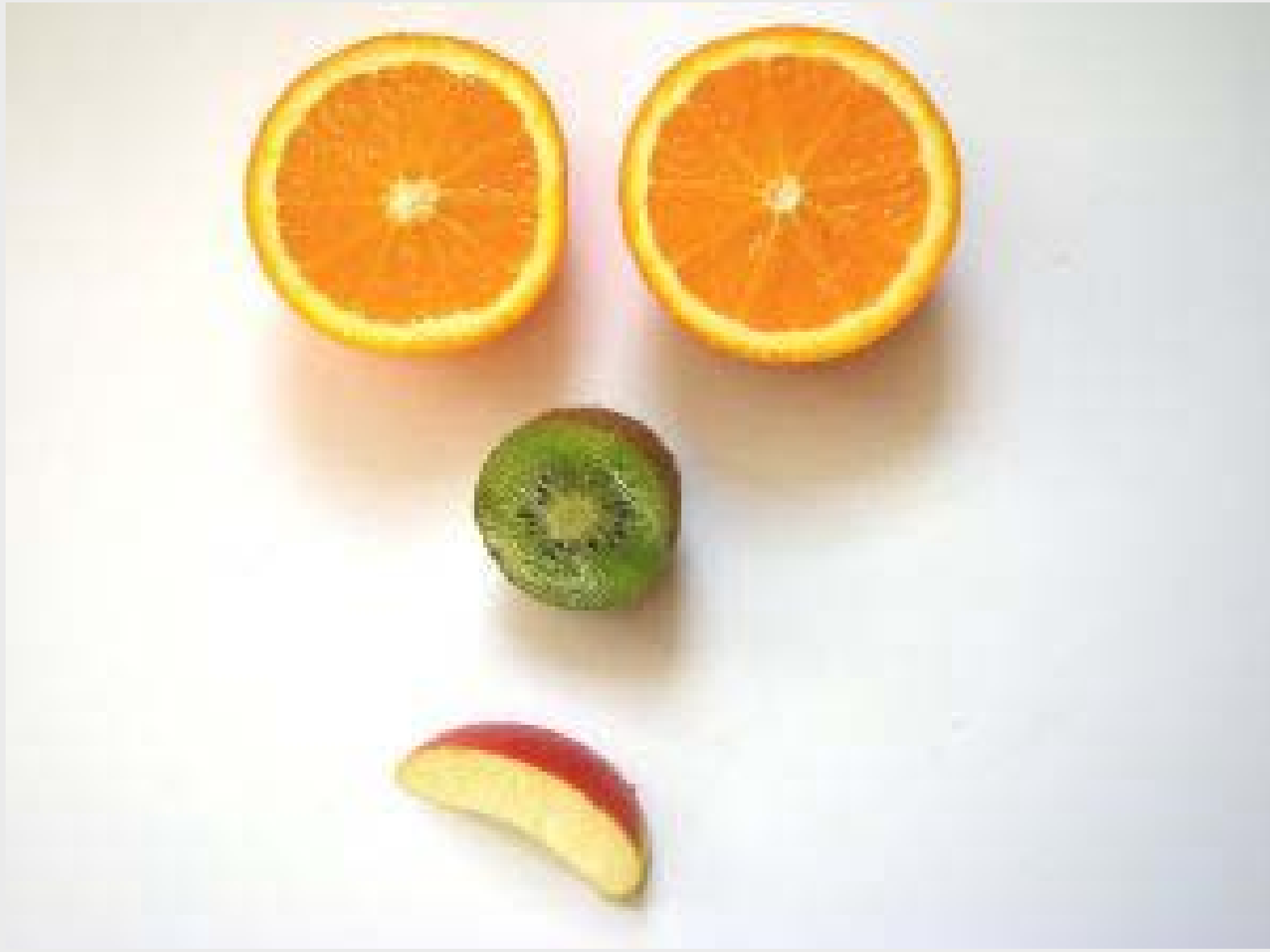
8.10.08 *Guðmundur Guðmundsson, umfjalla þessi svokoma.*



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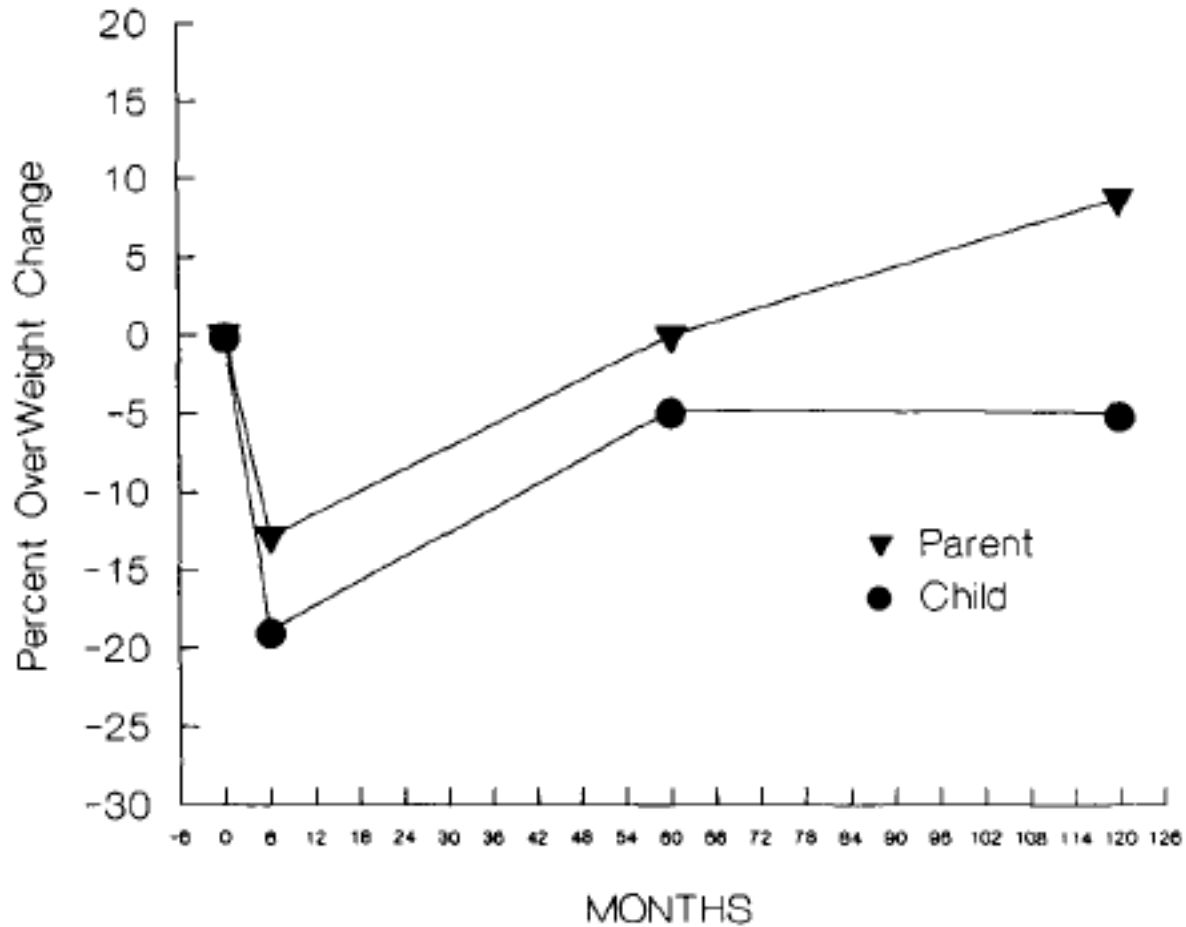
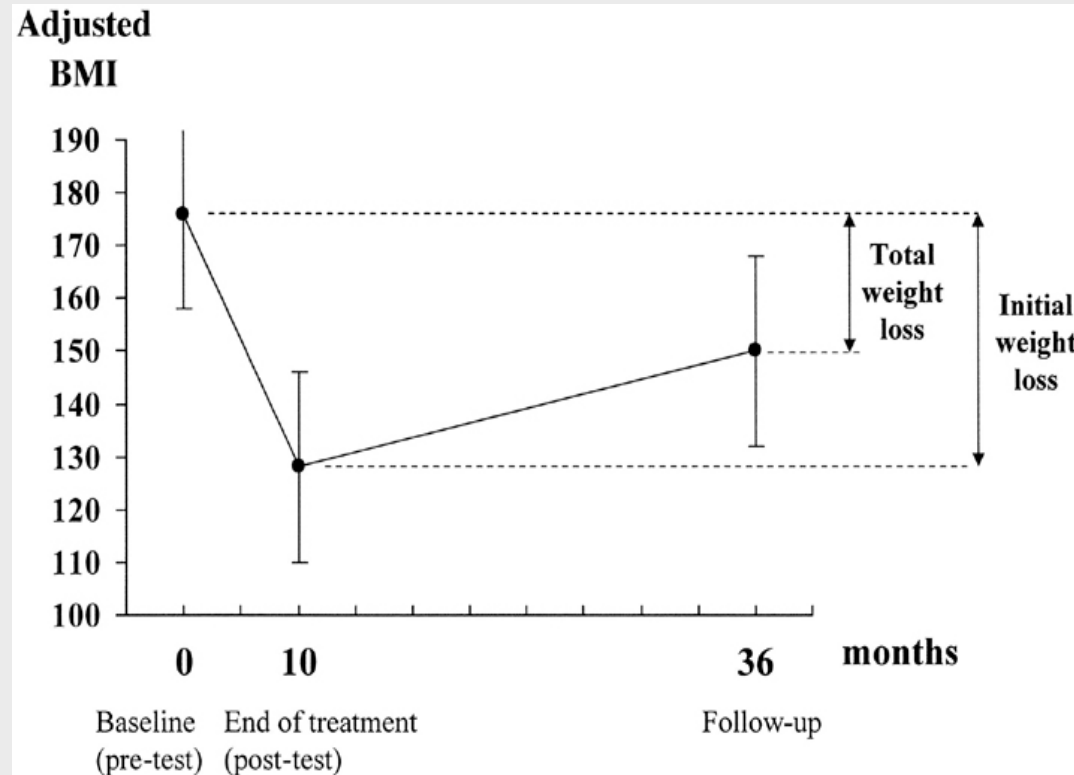


Figure 1: Percent overweight change (mean \pm SEM) of obese children and parents from 6 months to 10 years.



Patient Characteristics as Predictors of Weight Loss after an Obesity Treatment for Children



Obesity

Volume 14, Issue 1, pages 148-155, 6 SEP 2012 DOI: 10.1038/oby.2006.18

<http://onlinelibrary.wiley.com/doi/10.1038/oby.2006.18/full#f1>

Fjölskyldumiðuð atferlismeðferð fyrir of feit börn

Raunprófun meðferðar í klínískum aðstæðum

Þrúður Gunnarsdóttir

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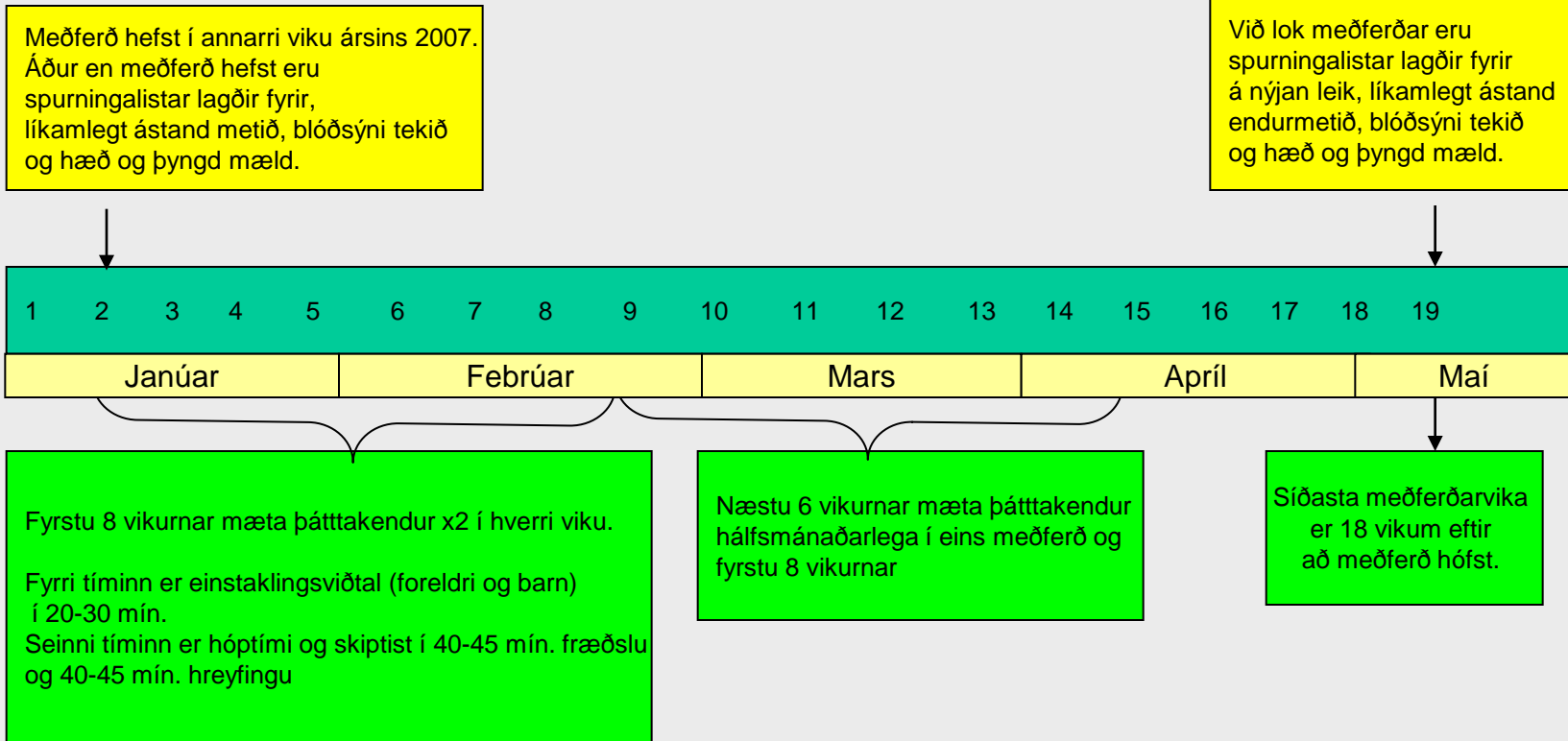


Tímaáætlun Heilsuskólans

- Meðferðarvikur eru 12 og dreifast yfir 18 vikur -

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Vikur:

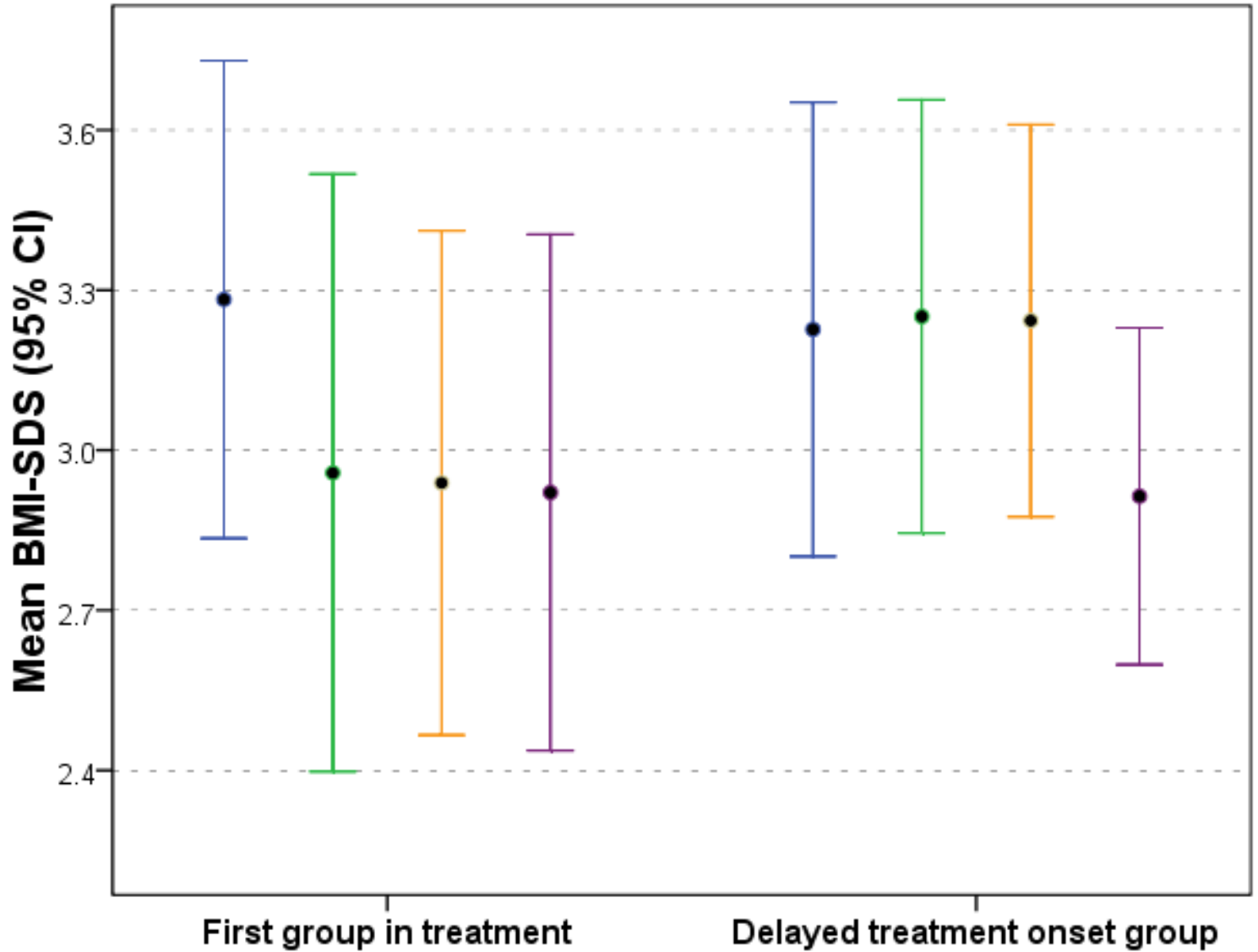


Þátttakendur skrá hjá sér daglegar matarvenjur og hreyfingu meðan á meðferð stendur. Lesefni er dreift og þess krafist að þátttakendur lesi heima og svari spurningum úr lesefninu.





Changes in Mean BMI-SDS for treatment completers (n=13)





Effects of treatment (n=61)

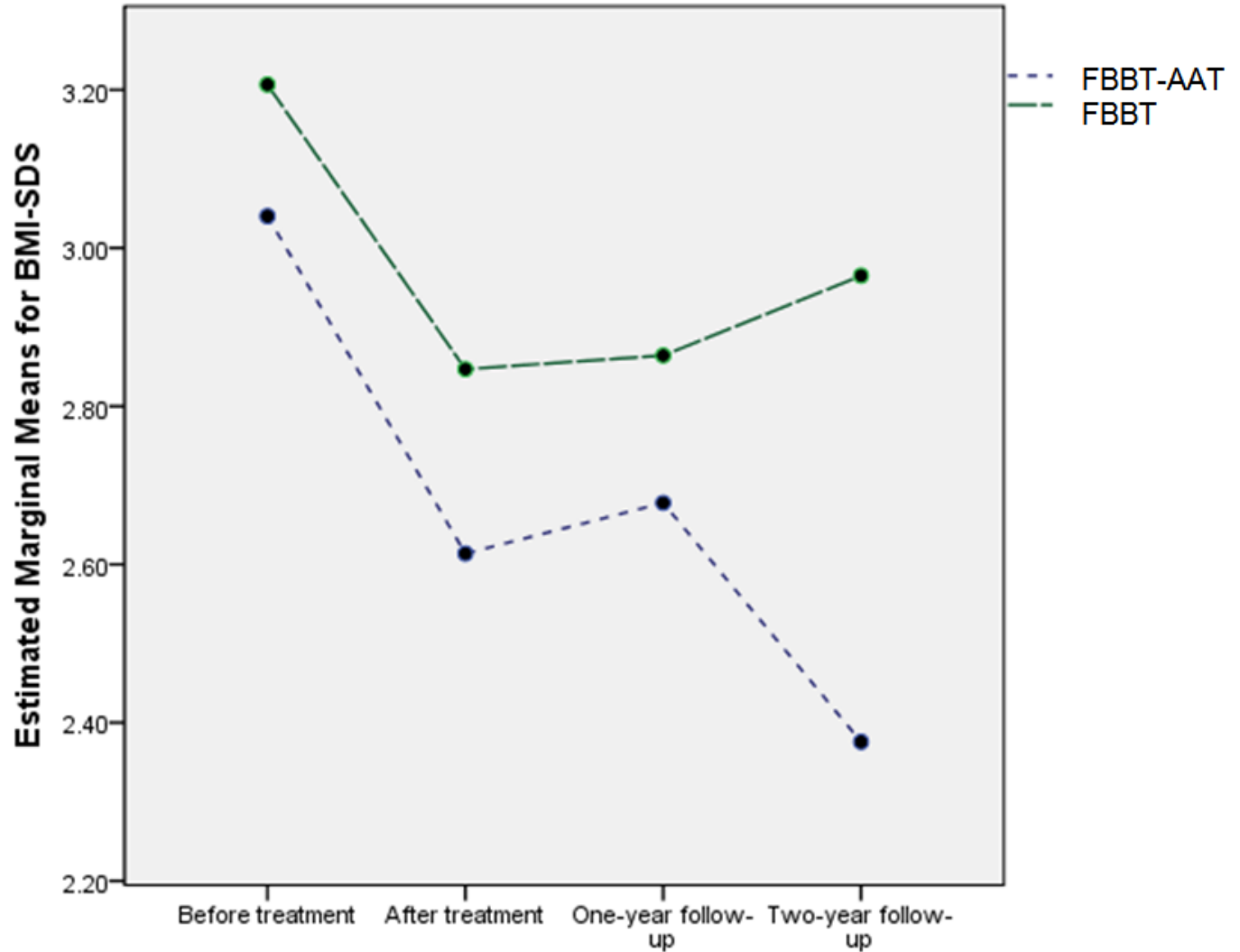
| | Pre-treatment Mean (SD) | Post-treatment Mean (SD) | Effect Size (Cohen's <i>d</i>) | One year post- treatment Mean (SD) |
|----------------------|----------------------------|-----------------------------|------------------------------------|------------------------------------------|
| BMI-SDS | 3.11 (0.5) | 2.72 (0.5)*** | 0.8 | 2.76 (0.4) |
| Child reported | | | | |
| Depression (CDI) | 48.3 (12.2) | 44.9 (8.1)* | 0.3 | 45.2 (6.8) |
| Anxiety (MASC) | 53.1 (13.5) | 49.9 (9.9)* | 0.3 | 47.4 (10.2) |
| Self-concept (PH) | 57.2 (12.4) | 60.7 (10.3)*** | 0.2 | 63.2 (9.4)* |
| Social skills (SSRS) | 57.1 (10.4) | 59.8 (10.0)** | 0.3 | --- |
| Parent reported | | | | |
| Social skills (SSRS) | 53.2 (8.8) | 55.4 (9.3)* | 0.2 | --- |
| Teacher reported | | | | |
| Social skills (SSRS) | 41.1 (9.2) | 42.6 (8.5)** | 0.2 | --- |

* $p < .05$, ** $p < .01$, *** $p < .001$



Effects of treatment by groups (FBBT vs. FBBT-AAT)

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Mean reduction in BMI-SDS: FBBT-AAT group=-0.66 vs. FBBT group=-0.24,
 $F(1,59)=9.40, p < 0.01$





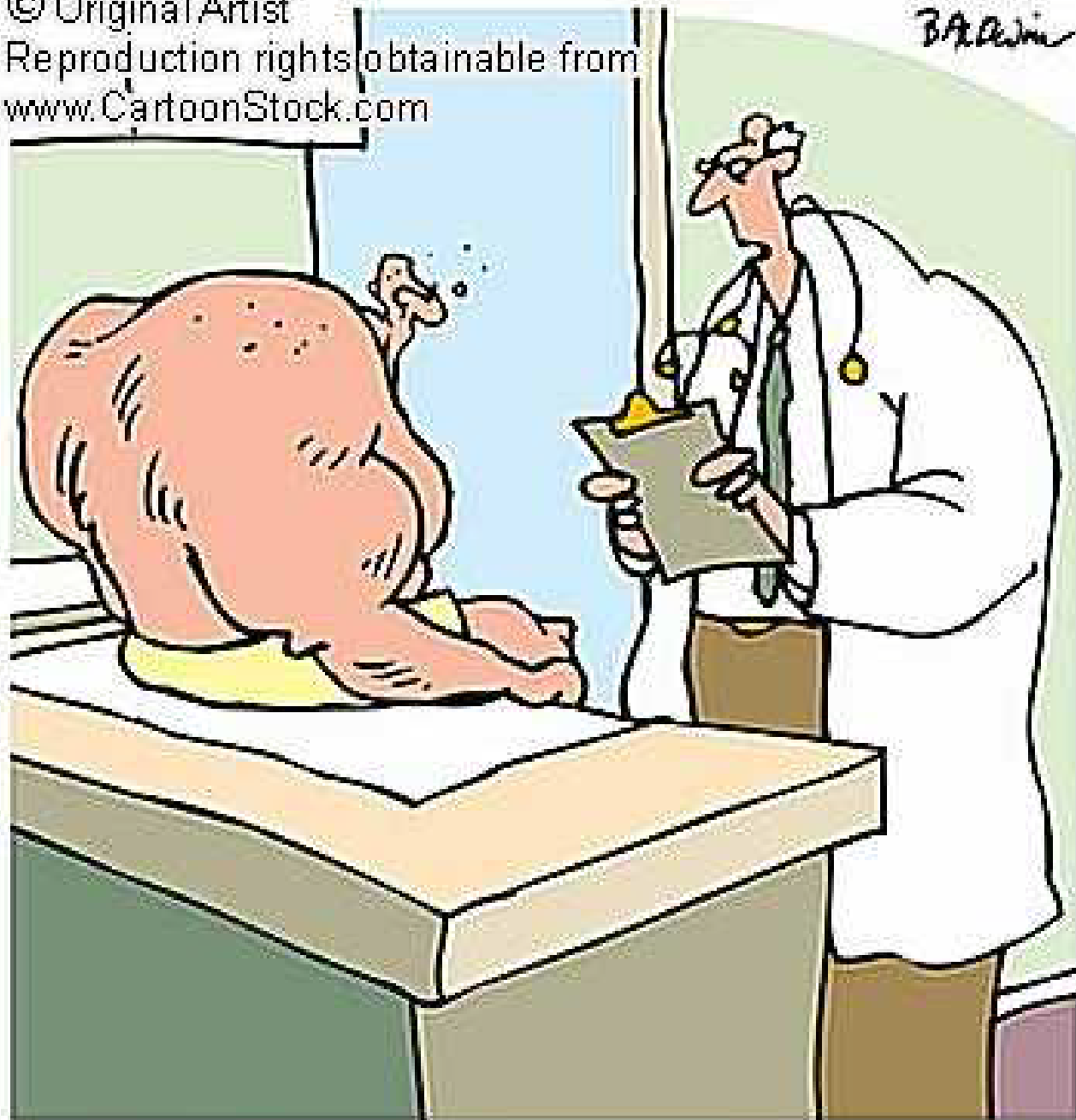
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Baldwin



“Try to get less exercise.”

