

AN EXAMINATION OF SOCIO-ECONOMIC STATUS ON OBESITY

RATES IN ADOLESCENTS

A REVIEW OF EXISTING LITERATURE ON THE PREVALENCE OF

OBESITY AMONG CHILDREN

BY

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DECLARATION

CANDIDATE’S DECLARATION

I hereby declare that this dissertation is the results of my own original research work and that no part of this work has been presented for another degree in the University of Education Winneba.

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Signature.....

Date.....

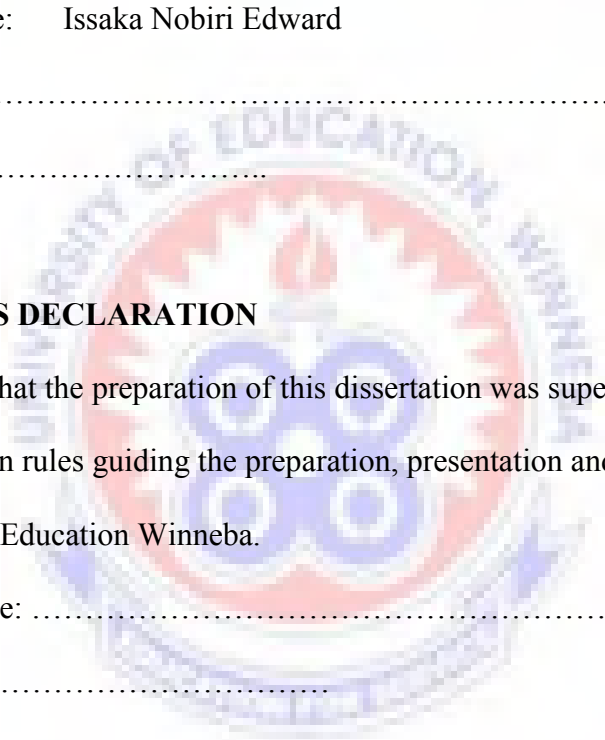
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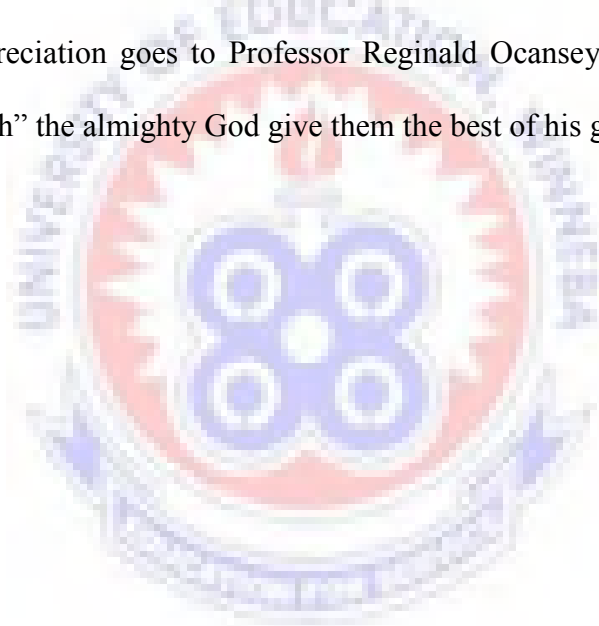
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DEDICATION

I dedicate this work to „ALLAH“ the most high for his guidance, my Wives and children for their support and encouragement.



TABLE OF CONTENT

CONTENT	PAGE
Declaration... ..	ii
Acknowledgement	iii
Dedication... ..	iv
Table of content... ..	v
List of table	vii
Abstract	viii
 CHAPTER ONE: INTRODUCTION	
Background of the Study	1
Assumptions	1
Operational Definitions	1
Statement of the Problem	3
Research Questions	4
Delimitations	4
Limitations	4
 CHAPTER TWO: LITERATURE REVIEW	
Introduction	5
Review of Articles	5
Analysis of Existing Literature	6

CHAPTER THREE: METHODOLOGY

Research Design	14
Population	14
Sources of Data	14
Data Coding	15
Data Analysis Procedures	17
Summary	17

CHAPTER FOUR: RESULT, DATA ANALYSIS AND DISCUSSION

Results	19
Data Analysis	19
Discussion	27
Summary	30
Additional Findings	31

CHAPTER FIVE: SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary	32
Conclusion	32
Recommendations for Future Research... ..	33
REFERENCES	35
APPENDIX A	39
APPENDIX B	52

LIST OF TABLES	PAGE
Table 1: Male Subject Odds Ratio Data	21
Table 2: Female Subject Odds Ratio Data	24
Table 3: Mean Odds Ratio and Effect Size	27



ABSTRACT

This research reviewed the existing literature pertaining to the effect of socioeconomic status on obesity rates in adolescents. Specifically, this research examined whether male and female adolescents of low socioeconomic status were more likely to become obese than male and female adolescents of high socioeconomic status, respectively. The prevalence of obesity among children has almost tripled in the past thirty years, and the associated increase in co-morbidities has produced a need for aggressive weight management interventions (Kirk, Scotland Daniels.2005). Several factors can point to a definitive reason for the increase in obesity rates among adolescents. Lack of community resources such as playgrounds and parks along with lack of recreational programmes and equipment are a few possibilities for the increase in adolescent obesity. Socioeconomic status, a measure of an individual or families wealth, is one of the most likely sources of high obesity rates in adolescents, with underlying factors as well. Eight studies were used for analysis and comparison of socioeconomic status and obesity rates in adolescents. Descriptive statistics and effect size were used to compare the data from the studies. The focus of the research was to determine if there were differences in body mass index among adolescents based on their socioeconomic status. Based on the literature and the data sample examined, it was found that male adolescents from low socioeconomic backgrounds were more likely to be obese than males from high socioeconomic backgrounds. In a similar pattern, females from low socioeconomic backgrounds were more likely to be obese than females from high socioeconomic backgrounds.