

Childhood Obesity: Knowledge, Attitudes, and Practices of General Practitioners in France

Bocquier A., Verger P.



Union Régionale des Médecins Libéraux
PROVENCE - ALPES - CÔTE D'AZUR



Institut national
de la santé et de la recherche médicale



OBSERVATOIRE REGIONAL DE LA SANTE
PROVENCE-ALPES-CÔTE D'AZUR

Methods

- Panel of 600 GPs representative of all private GPs in southeastern France in 2002
[Paraponaris A, et al. Health Policy, 2004]
- From May to July 2003: study on obesity management (participation rate: 97%)
- Telephone interviews (CATI)

Methods (2)

- **A five-part questionnaire based on international literature**
 - GPs' characteristics
 - Attitudes and opinions about obesity
 - Knowledge and training
 - Practices (diagnostic, types of counseling...)
 - Perceived barriers to treatment
- **Childhood and adults' weight problems management**

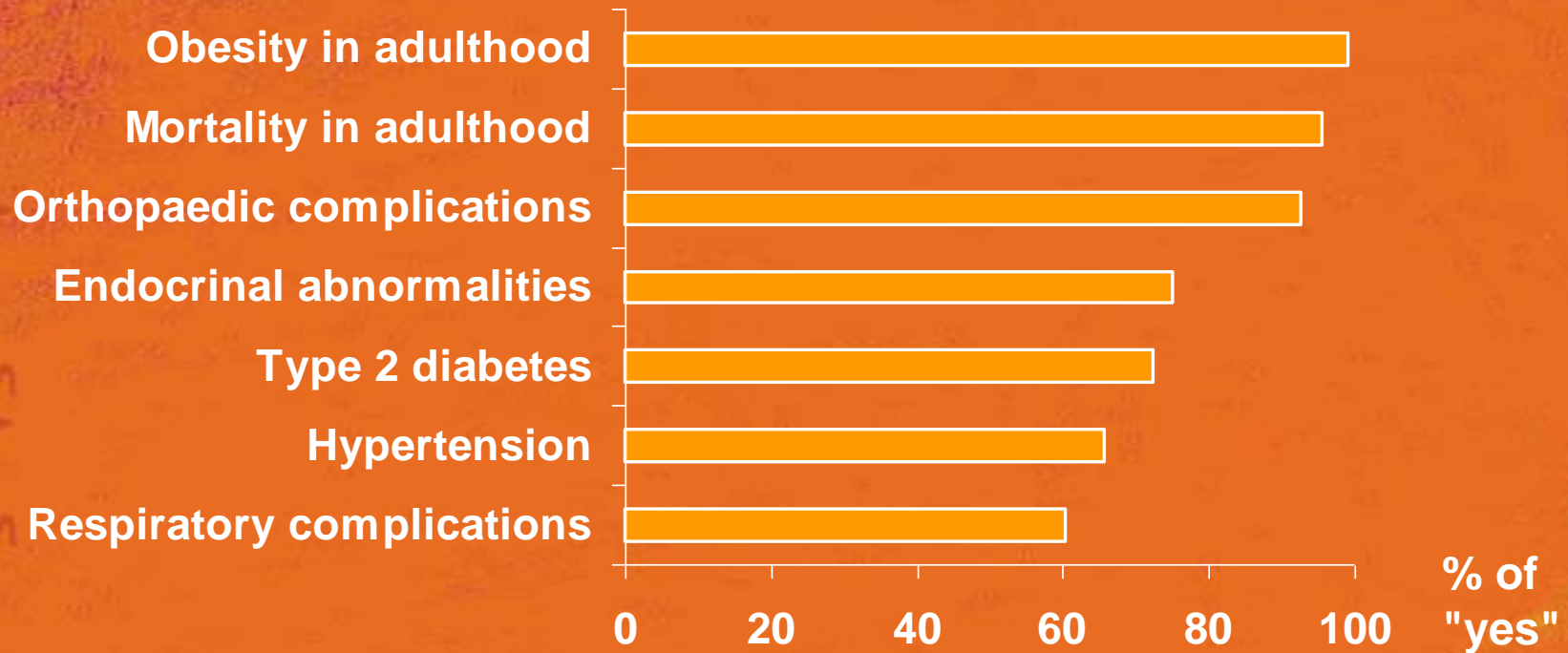
[Bocquier A, et al. Obesity Research, 2005]

Obesity is a disease that needs treatment

	% of "agree or strongly agree "
Obesity is a disease	90,2
Obesity management is necessary in the long term	99,5
Childhood overweight and obesity...	
need treatment	100,0
are more amenable to treatment than among adults	44,7
will vanish with age	13,7

A rather good knowledge of obesity health risks

■ Childhood obesity increases the risk of...

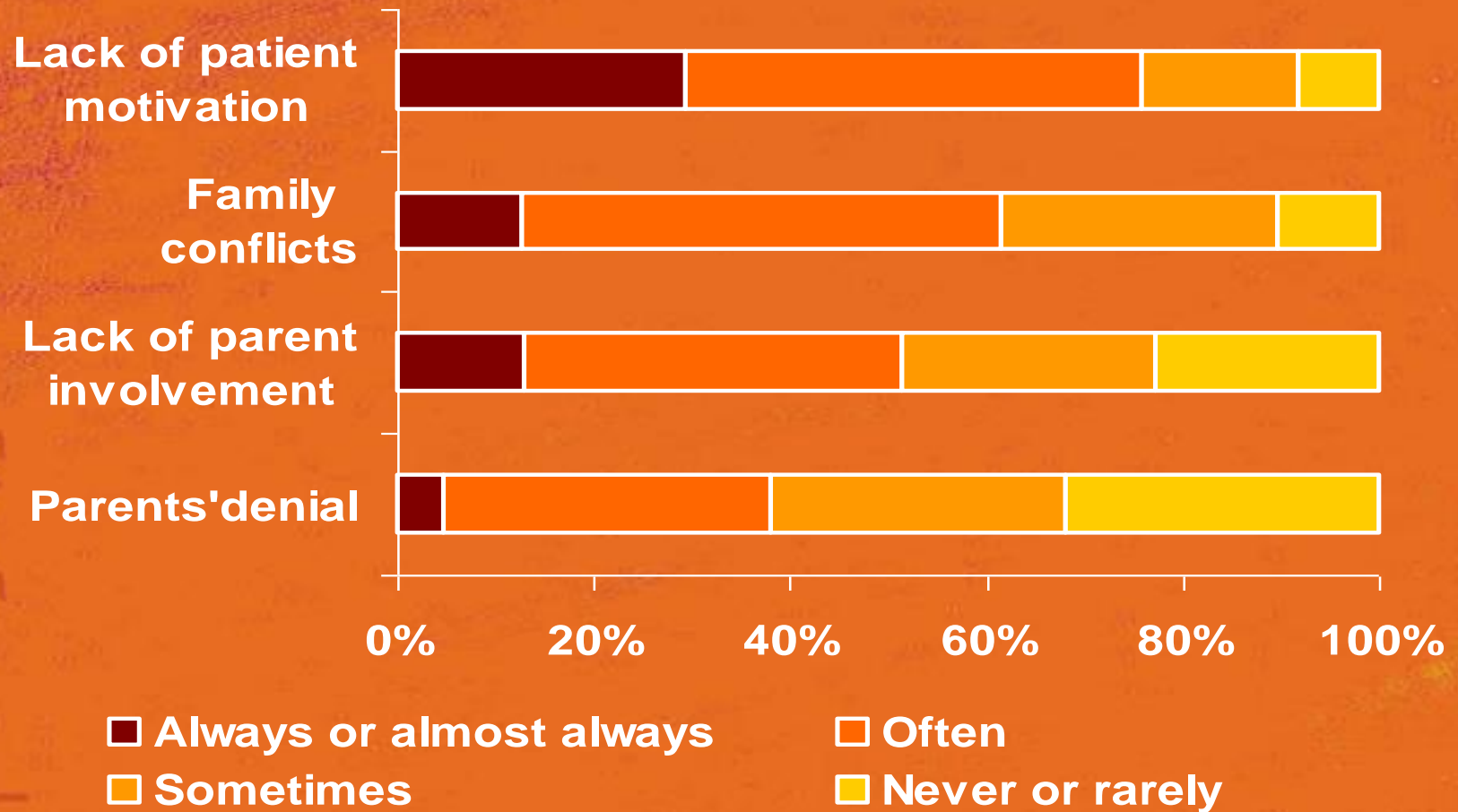


■ Half of the GPs overestimated the prevalence of childhood obesity

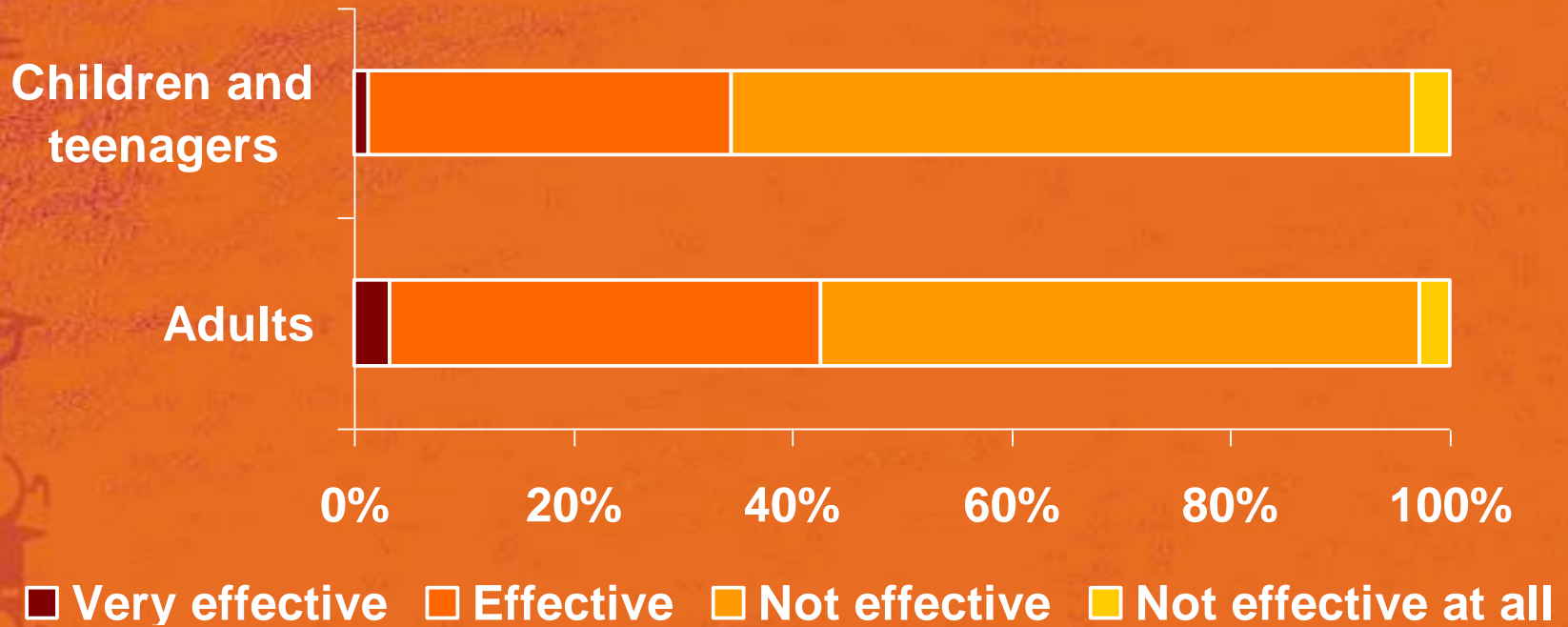
Declared practices relatively close to the recommendations

- **81% often or always use BMI charts to diagnose weight problems**
 - Personal and professional determinants
- **More than 90% give traditional advice on nutrition and physical activity**
- **But...**
 - 55% often or always forbid specific foods
 - less than 1 in 3 often or always use food diaries

Perceived barriers to childhood obesity treatment



1 GP in 3 felt he/she manages childhood obesity effectively



■ Professional, and attitudinal determinants

Discussion

- **A great concern about childhood obesity, its health risks, and its treatment**

⇒ **A positive impact of the French national program on nutrition and physical activity (2001-2005)?**

- **A frequent use of BMI charts but... some inadequate practices, and some underused tools**

⇒ **An active attitude towards information research is associated with recommended practices**

Discussion (2)

- Feeling of ineffectiveness is associated with a lack of training, and with frequent perceived barriers**
- Limits: self-reported data, limited to diagnostic, and counseling practices**
- Studies needed: GPs' attitudes and practices in the field of childhood obesity prevention**