DEVELOPMENT IN OVERWEIGHT AND OBESITY AMONG CHILDREN IN NUUK, GREENLAND

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OBJECTIVES:
The aim of the study is to monitor the trends since 1970 in the development of and sustainability of overweight and obesity among children in Nuuk, Greenland.

STUDY DESIGN:

METHODS:
By means of descriptive statistics, logistic regression and survival analysis, the data have revealed the development in the prevalence of overweight and obesity as well as the risk of developing overweight and age at onset.

RESULTS:
Since 1970, the proportion of overweight and obese children has increased threefold from 6.6% overweight and 0.9% obese in-schooling children in the early eighties to 16.5% overweight and 5.2% obese after the turn of the century. Children born in late nineties have a risk of 2.7 for developing overweight or obesity compared to children born in the early seventies. 60% of the children who were overweight at age 6 was also overweight at age 15, and the majority of children in the upper weight quartile at 6 years were overweight or obese when they reached adolescence. Survival analyses have revealed that the time where most children develop overweight is concentrated around the age of 10.

CONCLUSION:
The study provides evidence that the obesity epidemic has reached the young population in Nuuk, by documenting an increase in the prevalence during the past 30 years. The study also found that the tracking of obesity from preschool into adolescence is strong. The study has also shown that the crucial time in a child’s life at risk of developing overweight is around the age of 10.