

**OP\_P005****DIAGNOSIS AND MANAGEMENT OF CHILDHOOD OBESITY: A SURVEY OF DOCTORS WORKING IN PRIMARY CARE**

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**INTRODUCTION**

Childhood obesity has increased steadily over the years. Primary health care doctors are in the best position to tackle this issue. This study aims to identify the factors affecting the ability to correctly define and manage childhood overweight or obesity and explore the usage of obesity clinical practice guidelines (CPG) in their practice.

**METHODOLOGY**

A cross-sectional study was carried out on a total of 246 primary health care doctors in Klang Valley region. A questionnaire was used to determine the prevalence of doctors who can correctly identify and manage childhood overweight or obesity and explore the use of the CPG in their practice.

**RESULT**

Forty percent of primary health care doctors answered the definition of childhood overweight correctly. Eighty percent prescribed correct intervention. Majority performed the measurement and screened the complications of childhood obesity. Government clinic doctors were more likely to correctly define [ $p < 0.001$ , OR 2.52, 95%CI (1.49, 4.27)], diagnose [ $p = 0.001$ , OR 3.03, 95%CI (1.52, 6.03)] and manage [ $p = 0.005$ , OR 0.38, 95%CI (0.19, 0.76)] childhood obesity. Usage of CPG in 49% of the doctors increased the likelihood of diagnosing [ $p = 0.035$ , OR 2.05, 95%CI (1.04, 3.96)] and managing [ $p = 0.006$ , OR 2.65, 95%CI (1.30, 5.41)] childhood obesity.

**CONCLUSION**

Although majority of the primary health care doctors correctly diagnosed and managed childhood obesity, there are fewer private compared to government clinics. An approach focusing on creating more awareness in that sector would increase the effectiveness of primary health care doctors as they are the first line in the management of childhood obesity. The CPG would be a useful tool in the endeavour.