

## A naturalistic inquiry into the daily lives of obese children

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## Background

- Interventions to prevent and treat child obesity have had moderate success.
- No studies have focused on the totality of an obese child's life.

## Purpose

- The aim of this study was to explain the daily life of an obese child.
- The research questions were:
  - What is day-to-day life like for obese children?
  - What weight-related behaviours are evident in their everyday lives?

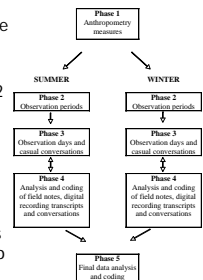
## Methodology (1)

- A naturalistic inquiry employing a multiple case study design.
- Participants were 6 obese children (4 male, 2 female) between the ages of 7-12 years and their families.

Phase 1: Anthropometry Measures

Phase 2: Observation Periods

- Approximately 3 hours on 3 separate days were spent with each family leading up to the official data collection days.



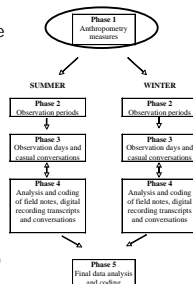
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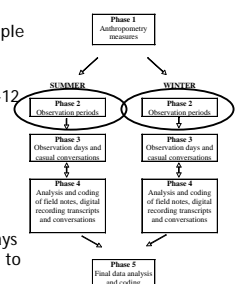
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## Methodology (2)

Phase 3: Observation Days and Casual Conversations

- 3 summer observation days and 3 winter days.
- Observations took place from when the child woke up in the morning until they went to sleep at night.
- The child wore a digital recorder.
- Researcher as participant observer.

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    graph TD
      P1[Phase 1 Anthropometry measures] --> S2[Phase 2 Observation periods]
      P1 --> W2[Phase 2 Observation periods]
      S2 --> S3[Phase 3 Observation days and casual conversations]
      W2 --> W3[Phase 3 Observation days and casual conversations]
      S3 --> S4[Phase 4 Analysis and coding of field notes, digital recording transcripts and conversations]
      W3 --> W4[Phase 4 Analysis and coding of field notes, digital recording transcripts and conversations]
      S4 --> P5[Phase 5 Final data analysis and coding]
      W4 --> P5
  
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## Methodology (3)

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## Methodology (4)

- 95 hours were spent with each family -  $6 \times 95 = 570$  hours.
- 400 pages of field notes.
- Digital recorder was worn for 300 hours = 1000 hours of transcribing.

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## Methodology (5)

Phase 4: Initial Data Analysis

- The constant comparative method of analysis was used.

Phase 5: Final Data Analysis

- Codes were organised into 4 categories: dietary behaviours; physical activity; sedentary behaviours; personal and social factors.
- 3 categories:
  - High occurrence factors
  - Moderate occurrence factors
  - Low occurrence factors

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## Findings (1)

- Each of the child's days were presented in a narrative form.

Jacqui offered Andrew a plate of watermelon and grapes, however Andrew declined this offer. Jacqui told Andrew to stop playing the Playstation a number of times, however, he did not listen to her.

Jacqui: Andrew we've gotta go mate.  
Andrew: Can I finish this?  
Jacqui: Finish it quickly and then we've got to go.

Jacqui explained that they had to go to swimming and Andrew finally turned off the Playstation.

Andrew got ready for swimming and they picked up Ben, Andrew's cousin, on the way. Andrew swam non-stop laps of the 20-metre pool for half an hour and appeared to find this physically difficult, particularly freestyle and butterfly. Jacqui explained that Andrew became red and puffed very easily.

