

# Family Eating and Activity Habits Questionnaire – český překlad a ověření srozumitelnosti dotazníku

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## SOUHRN

Rodinné prostředí hraje klíčovou roli v utváření životního stylu dítěte. Zahraniční literatura doporučuje jako vhodný standardizovaný nástroj pro popis míry obezitogenního působení rodinného prostředí dotazník Family Eating and Activity Habits Questionnaire (FEAHQ-R).

Cíl studie: Protože neexistuje podobný český nástroj, cílem předložené práce bylo přeložit dotazník FEAHQ-R do češtiny a zhodnotit vhodnost jeho použití v odlišném jazykovém a sociokulturním prostředí.

Metody: Překlad dotazníku FEAHQ-R a jeho mezikulturní úprava proběhla podle protokolu v sedmi fázích: (1) překlad do českého jazyka dvěma překladateli – verze dotazníku Č1 a Č2, (2) expertní posouzení shody a syntéza verze Č3, (3) zpětný překlad do anglického jazyka americkým odborníkem – verze A1, (4) konfrontace s původním dotazníkem a expertní posouzení, (5) posouzení všech dokumentů a syntéza verze Č4, (6) pilotní ověření Č4, (7) expertní posouzení a vytvoření konečné české verze dotazníku – Stravovací a pohybové zvyklosti v rodině (SPZR).

Výsledky: Po překladu a jazykových úpravách FEAHQ-R byla srozumitelnost pracovní verze dotazníku ověřena na vzorku 10 rodin. Pilotní ověření prokázalo dobrou srozumitelnost nástroje a byla vytvořena finální verze SPZR obsahující 32 otázek. Současně byl přeložen formulář pro bodové kódování odpovědí, kdy se hodnotí celkový součet dosažených bodů (Celkové skóre dotazníku) a dále součet bodů dosažených ve 4 škálách (Volný čas, Stravovací zvyklosti, Pocit sytosti a hladu, Stravovací stimuly).

Závěry: Česká verze dotazníku FEAHQ-R zaměřeného na sledování vlivu rodinného prostředí souvisejícího s tělesnou hmotností dítěte je pro respondenty srozumitelná a jasná. Před využitím SPZR v praxi je nutné ověření jeho psychometrických vlastností, které v současné době na pracovišti autorského kolektivu probíhá.

## KLÍČOVÁ SLOVA

obezitogenní prostředí, životní styl, dotazník SPZR, hodnocení rodinného prostředí, hodnocení stravovacích a pohybových zvyklostí

## SUMMARY

The Family Eating and Activity Habits Questionnaire – Czech translation and verification questionnaire clarity

The family environment plays a key role in modelling the children's lifestyle. Foreign literature recommends The Family Eating and Activity Habits Questionnaire (FEAHQ-R) as a suitable standardized tool for describing the level of obesogenic factors in the family.

# Family Activity And Eating Habits Questionnaire By

**Amy Hendel**



## **Family Activity And Eating Habits Questionnaire By:**

**Family Activity and Eating Habits Questionnaire** Nicole Ann Donisthorpe, 2012 The nationwide health concern of childhood obesity directly affects the western rural state of Montana From 1990 to 2007 the childhood obesity rate in Montana has grown from affecting nine percent of the population of children to twenty seven present Daphane 1990 NICH 2007 The study s purpose is to examine family eating and activity habits that directly impact the likelihood of a child to develop childhood obesity including activity level stimulus exposure eating related to hunger and eating styles The instrument used in this research study was the Family Eating and Activity Habits Questionnaire contained four subcategories including activity level stimulus exposure eating related to hunger and eating style The Family Eating and Activity Habits Questionnaire use a wide variety of fill in the blank questions and rating scales in order to examine each of the subcategories The specific target population for this study was parents who reside in the western rural state of Montana based on a convenience sample The sample population was parents with children between the ages of five to thirteen who were willing to complete a parental questionnaire The parental questionnaires were distributed in March and April of 2011 in two elementary schools After the parental questionnaires were collected the parental questionnaire scores were measured by adding up the mean of each score the mother father child and total family score The central tendency of the data was analyzed and compared with the mean total score establish in the previous Family Activity and Eating Habit Questionnaire results In the activity level section the M score was 21 8 The SD computed was 22 96 In the stimulus exposure section the M score was 10 7 The SD computed was 4 05 In the eating related to hunger section the M score was 5 5 The SD computed was 2 42 In the eating styles section the M score was 42 The SD computed was 15 07 In the overall scoring of the survey the M score was 80 The results of overall score indicate that the higher the total scores the less appropriate the eating and activity patterns

**Handbook of Nutrition and Food** Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions providing a reference guide for many of the issues on health and well being that are affected by nutrition Completely revised the third edition contains 20 new chapters 50 percent new figures A comprehensive resource this book is a reference guide for many of the issues on health and well being that are affected by nutrition Divided into five parts the sections cover food including its composition constituents labeling and analysis nutrition as a science covering basic terminology nutritional biochemistry nutrition and genetics food intake regulation and micronutrients nutrient needs throughout the human life cycle assessment of nutrient intake adequacy and clinical nutrition from assessments to a wide variety of disease and health topics **Obesity**

**Assessment: Tools, Methods, Interpretations** Sachiko St. Jeor, 1997-05-15 This book provides reference points for researcher clinicians and educators for assessing obesity in different individuals and populations It serves as a ready reference for selected measures of weight nutri tion and dietary intake activity and exercise behavior well being and disease

risk relationships It presents assessment tools along with their applications and practical interpretations Emphasis is given to the differences by age gender weight status and the many interrelated variables that contribute to the development and or exacerbation of the obese state

### **Dietary Behavior and Physical Activity in Children and Adolescents**

Antje Hebestreit, Leonie-Helen Bogl, 2019-12-05 In recent years diet and lifestyle related disorders have become a major health threat in Europe and worldwide The contributions in this monograph include 2 review articles and 19 original contributions from several countries that provide new information on the existing research elucidating important aspects of children's and adolescents nutrition and lifestyle behavior The data included in this Special Issue are from large epidemiological studies including several multicenter and multinational studies as well as datasets from surveillance initiatives The topics of interest of this Special Issue include the co occurrence of multiple health behaviors in children the role of parenting and early feeding practices dairy consumption in childhood validity of dietary intake data dietary supplement use in children as well as socioeconomic disparities and eating culture The diverse articles in this Special Issue highlight the complexity and extent to which nutrition and physical activity behaviors may influence different health aspects of children and adolescents As seen by the various findings and recommendations not only is more work in this area required but the translation of this work to practice and policy is imperative if we are to address the challenges impacting the nutrition physical activity and health of young populations

*Adipositas* Petra Warschburger, Franz Petermann, 2007-10-29 Adipositas und bergewicht sind im Kindes und Jugendalter mittlerweile erschreckend weit verbreitet Die Ursachen für die Entstehung und Aufrechterhaltung müssen in einem multifaktoriellen Wirkungsmodell betrachtet werden Der Verlauf ist in aller Regel stabil und eine möglichst frühzeitige und langfristige Begleitung der Kinder und Jugendlichen sowie ihrer Eltern ist notwendig Bei der Schulung ist die interdisziplinäre Arbeit des Behandlungsteams von großer Bedeutung Der Leitfaden basiert auf den Leitlinien nationaler und internationaler Fachgesellschaften und Arbeitsgruppen Zunächst wird der aktuelle Forschungsstand zur Symptomatik zur Komorbidität der Psychiatrie dem Verlauf und der Therapie der Adipositas dargestellt Anschließend werden die Leitlinien zur Diagnostik und Verlaufskontrolle zur Behandlungsindikation und zur Therapie aufgezeigt und ihre Umsetzung in die klinische Praxis erläutert Hierzu werden beispielhaft auch Materialien zur Arbeit mit den betroffenen Kindern und deren Eltern vorgestellt sowie das konkrete Vorgehen anhand von Fallbeispielen erläutert

**Physical Activity: a Part of Healthy Eating?**, 2001 Yhteenveto Sammanfattning Lebensmittelsicht im sozialen und ökonomischen Kontext Sigrid Quendler, 2004-09-30 Inhaltsangabe Einleitung

Schon über Jahrhunderte und Jahrtausende hinweg ist es bekannt dass die menschlichen Triebe von vielen Faktoren gesteuert und beeinflusst werden Einer der stärksten Triebe ist zweifellos der Trieb zu fr essen Dass der Fr Esstrieb nicht nur vom Hunger alleine sondern auch von Sinneswahrnehmungen wie dem wohlthuenden Geruch von frisch zubereiteter Nahrung oder dem Anblick einer schön angerichteten Speise aktiviert werden kann ist ebenfalls lange bekannt Dass sich nicht jeder Mensch der seinem Fr Esstrieb nachgibt auf jede Speise steht die sein Auge

oder seine Nase erquickt ist auch keine Neuheit mehr Das Ausw hlen der passenden Nahrungsmittel f r sich selbst ist eine Selektion die wiederum von einer gro en Anzahl von Faktoren beeinflusst wird Faktoren die bewusst wahrgenommen oder auf die unbewusst eingegangen wird Mit solchen Faktoren die zweifellos dem Menschen unbewusst das Ern hrungsverhalte steuern besch ftigt sich diese Diplomarbeit Es handelt sich um soziale und konomische Faktoren die im Leben der Menschen eine so gro e Rolle zu spielen scheinen dass sie auch Handlungen beeinflussen die oft gar nicht mit ihnen in Zusammenhang gebracht werden Beispielsweise wird erst seit wenigen Jahren der Zusammenhang zwischen dem sozial konomischen Status der Menschen und deren Gesundheits und Risikoverhalten untersucht Eine m gliche Beziehung zwischen dem sozial konomischen Umfeld der Menschen und dem Ern hrungsverhalten wurde sogar noch sp ter vermutet und er rtert Wie vielf ltig die Beziehungen zwischen dem sozial konomischen Status der Menschen und dem Verhalten die Ern hrung und Gesundheit betreffend wirklich sind soll der folgende Literatur berblick zeigen Wenn man sich die vorhandene Literatur durchsieht dann f llt auf dass ein Bereich scheinbar noch wenig untersucht worden ist Der Zusammenhang zwischen dem sozial konomischen Status und der Lebensmittelsicht der Menschen Was aber kann man sich unter Lebensmittelsicht vorstellen Die Lebensmittelsicht ist der Umgang der Menschen mit Lebensmitteln und die Wichtigkeit und Wertigkeit die Lebensmitteleigenschaften f r den Einzelnen haben Im Zuge dieser Diplomarbeit soll also n her er rtert werden wie Menschen mit unterschiedlichem sozial konomischen Hintergrund die Lebensmitteleigenschaften beurteilen und wie viel Zeit sie gewillt sind f r den Umgang mit Lebensmitteln einzuplanen Au erdem soll anhand eines R ckblicks in Advances in the Understanding of the Affective and Cognitive Effects of Physical Activity, Exercise, and Sports Chong Chen,Yasuhiro Mochizuki,Filipe Manuel Clemente,2024-03-22 An increasing body of research suggests that physical activity exercise and sports enhance a wide range of cognitive and affective wellbeing including attention executive functions memory and learning creativity stress resilience and mental health Engaging in regular physical activity has also been associated with a reduced risk of many neurological and psychiatric disorders notably dementia major depressive disorders and anxiety disorders However firstly it is still unclear what kind of physical activity exercise and sports conducted on how long a timescale brings maximal benefits to a specific outcome for a specific population Secondly how findings reported so far can be incorporated into daily practice by the general public and in educational neurological and psychiatric contexts remain unaddressed Thirdly the underlying psychological physiological and neurobiological mechanisms through which physical activity exercise and sports promote cognitive and affective wellbeing remain to be clarified Several potential mechanisms have been proposed including the activation of the prefrontal cortices and the dopamine and serotonin neurotransmission the release of neurotrophins the enhancement of neural plasticity and neurogenesis and the decrease of neuroinflammation and oxidative stress Nutrition and Fitness Artemis P. Simopoulos,1997-01-01 This is the first of two volumes recording the proceedings of the 3rd International Conference on Nutrition and Fitness It is the first publication to provide the latest

research on the role of exercise and nutrients in gene expression define the relationship that exists among exercise nutrition health and fitness and examine the scientific evidence from an evolutionary perspective Stimulating and well organized this volume will interest geneticists anthropologists exercise physiologists nutritionists and dietitians psychologists and psychiatrists pediatricians internists general practitioners health care providers industrial scientists policymakers and national and international governmental organizations

The 4 Habits of Healthy Families Amy Hendel, 2010-06-08 A book has finally been written to address weight management and health in the family The 4 Habits of Healthy Families will teach families of all shapes and sizes how to create meals that are healthy and enjoyable Amy Hendel lifestyle therapist and health expert guides families through daily planning preparation and proportion of food But what's more Amy has fought obesity herself and is also a busy working mother She brings personal credibility and expertise to an easy to follow and practical health guide The benefits of improving your family's health don't stop at a healthier better feeling family As you practice Amy's easy program you'll find your family gathering around the dining room table more often and seeking out healthy activities to enjoy together Health will become the platform for a stronger and more closely knit family In addition to invaluable sidebars and tips The 4 Habits of Healthy Families is filled with easy and delicious recipes sample grocery store lists and a plethora of other suggestions to minimize time and maximize output in the kitchen The 4 Habits of Healthy Families offers a generous amount of support from an author who has fought and beat obesity in her own family Amy Hendel is showing the joys and advantages of making health a family affair Originally published as *Fat Families Thin Families* by BenBella Books in April 2008

*Standards for healthy eating, physical activity, sedentary behaviour and sleep in early childhood education and care settings*, 2021-09-30 These global standards will support early child education and care providers in providing healthy foods and beverages and ensuring young children are sufficiently physically active avoid excess sedentary time and get enough sleep whilst attending childcare and education facilities These standards will support the implementation of the WHO guidelines on physical activity sedentary and sleep behaviours for children under 5 years of age They are informed by a review of the evidence and current standards and best practices and focus on detailing standards that can be applied in low and middle income as well as for high income settings The target audience will be academics researchers development agencies health workers NGOs and policy makers

Nutrition and Fitness: Evolutionary Aspects, Children's Health, Programs and Policies A. P. Simopoulos, Berthold Koletzko, 1997 This is the first of two volumes recording the proceedings of the 3rd International Conference on Nutrition and Fitness It is the first publication to provide the latest research on the role of exercise and nutrients in gene expression define the relationship that exists among exercise nutrition health and fitness and examine the scientific evidence from an evolutionary perspective Stimulating and well organized this volume will interest geneticists anthropologists exercise physiologists nutritionists and dietitians psychologists and psychiatrists pediatricians internists general practitioners health care providers industrial scientists policymakers and national and international

governmental organizations      *Methods and applications in eating behavior* Michail Mantzios, Fanchang Kong, Helen Henrietta Egan, Deborah Jane Wallis, 2023-06-07      National Health and Nutrition Examination Survey, 2013      **BTEC Level 2 Firsts in Sport** Ray Barker, Darrel Barsby, Rob Commons, Gez Rizzo, Michala Swales, Ian Wood, J F Rounce, T L Lowe, Joan Sybil Chambers, D J Crawshaw, Brian Jefferson, David Bowles, Eddie Mullan, Garry Wiseman, John Rayneau, Mike Heylings, Rob Wagner, Steve Cavill, Tony Beadsworth, C P Rourke, Mark Gaulter, Brian Gaulter, Robert Smedley, Ian Cook, Graham Upton, 2020-10-08 BTEC Level 2 Firsts in Sport Student Book Second Edition has been fully revised to match the new BTEC specification for first teaching September 2013 It uses the same active accessible approach that you know and love but with updated content to support all the units in the specification and the new external assessment      Instruments for Health Surveys in Children and Adolescents Karin Bammann, Lauren Lissner, Iris Pigeot, Wolfgang Ahrens, 2018-09-22 This book describes key methods and instruments for assessing diet related factors physical activity social and environmental factors physical characteristics and health related outcomes in children and adolescents These tools were developed and deployed within the framework of the pan European IDEFICS and I Family cohort studies These population based field studies were funded within the 6th and 7th European Framework Programme respectively and were intended to assess the prevalence and aetiology of lifestyle related diseases in children focusing on overweight and obesity and to develop effective strategies for primary prevention In the course of a decade we undertook a major research endeavour collecting standardised data from children families neighbourhoods kindergartens pre schools and schools in eight European countries employing a uniform cross cultural methodology This resulted in a rich picture of the daily lives and living contexts of children and their families Studies encompassing childhood and adolescence face the particular challenge of the transitions from pre school to primary school and from childhood to adolescence accordingly the instruments used need to be adapted to different developmental stages while maintaining their comparability across the age range In young children questionnaires have to be completed by proxies usually their parents while older children particularly adolescents can provide a major part of the requested information themselves This book presents suitable designs methods and instruments for data collection in studies of children and adolescents Each chapter explains the development and background of the instruments applied in the surveys and summarises the current state of knowledge All chapters were written by key experts in their respective research fields We are grateful for their valuable contributions and their enthusiastic support in producing this book which also presents survey experiences in which practice does not always follow theory Participants responses can on occasion be unexpected and unpredictable but meeting these challenges can also enrich epidemiological surveys and yield methodological refinements We sincerely hope that the book and the online material will be of considerable value to other research teams      **Extension Service Review** United States. Federal Extension Service, 1943      Sport Psychology in Sports, Exercise and Physical Activity Hilde Nielsen, 2021-10-20 Sports psychology is an interdisciplinary science for the

purpose of increased participation in sports and physical activity to improve health and wellbeing It addresses everything from optimal performance and wellbeing of athletes to developing mental and social aspects of participation to systemic issues associated with sports settings and organizations This book introduces readers to topics within sports psychology with a special focus on motivation behavior change and personalities     *Handbook of Genomics and the Family* Kenneth P. Tercyak,2010-08-12 This book introduces readers to the study of how genes singly and in combination with each other and the environment affect health and behavior It provides family focused perspectives relating to genetic counseling and education     Mental Health & Mental Illness Patricia D. Barry,2002 Now in its Seventh Edition this psychiatric and mental health nursing text covers both care of patients with psychiatric disorders and the psychosocial aspects of physiological disorders Geared toward LPN LVN students the book s format reflects the nursing model and the shift of psychiatric nursing care from hospitals to community based settings New content includes care planning and psychotropic drug monitoring and the DSM IV TR Other features include an increased emphasis on communication and a family and resource support list that includes selected Web resources End of chapter review questions allow the reader to balance knowledge based analysis and application questions The Ancillary package consists of a printed Instructor s Manual and Test Bank on disk

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