

# The Relationship between the Maternal Health Promoting Lifestyle with Body Mass Index, and Demographic Variables among Schoolchildren in Qazvin City in 2014

Asghar Dalvandi <sup>1</sup>, Maliha A'zam Haj Hashim Khani <sup>2,\*</sup>, Fateme Hasandoost <sup>2</sup>, Maryam Javadi <sup>3,4</sup>

<sup>1</sup> Assistant Professor, Department of Nursing, University of Welfare and Rehabilitation, Tehran, Iran

<sup>2</sup> MSc, Department of Nursing, School of Nursing, Qazvin University of Medical Sciences, Qazvin, Iran Qazvin, Iran

<sup>3</sup> Assistant Professor, Department of Nutrition, School of Health, Qazvin University of Medical Sciences, Qazvin, Iran

<sup>4</sup> Assistant Professor, Research Center of Children Growth, Qazvin University of Medical Sciences, Qazvin, Iran

\* **Corresponding author:** Maliha A'zam Haj Hashim Khani, MSc, Department of Nursing, School of Nursing, Qazvin University of Medical Sciences, Qazvin, Iran. E-mail: ma.hashemkhani@gmail.com

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## Abstract

**Introduction:** Health-promoting lifestyle (HPL) is a valuable factor for reducing the adverse effects of health problems and improving the quality of life. Today, obesity can be considered as a chronic disease. In fact, lack of maintaining a healthy weight can cause various health problems. It seems that a rising trend in the prevalence of overweight in children has a close relationship with their family lifestyle. This study aimed at investigating the relationship between the maternal health-promotion lifestyle with body mass index and some demographic characteristics among schoolchildren in Qazvin city in 2014.

**Methods:** In this cross-sectional, descriptive-analytical study, 287 families and their 6-11 year old children (first to sixth grades) studying in Qazvin public and private schools were selected by the cluster random sampling method. Data were collected using a standard questionnaire for health promoting lifestyle profile II (HPLPII).

**Results:** The total score of maternal health-promotion lifestyle was in a moderate level ( $125.48 \pm 17.81$ ). There was no significant relationship between HPL and gender, type of school, parent's job and education. Also, the results showed a significant difference between HPL and economic situation in the two groups ( $P < 0.01$ ).

**Conclusions:** Regarding the importance of mother role in family and society, paying attention to their health, especially in the field of physical activity and stress management, requires implementation of health education programs for them.

**Keywords:** Health-Promoting Lifestyle, Body Mass Index, Children