

Comparisons of attitudes and practices between obese and normal -weight women in Taiwan.

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Abstract

This study was designed to obtain baseline data regarding self-reported body image, attitudes toward overweight people, and dietary behaviors of normal-weight and obese women in Taiwan. Fifty obese women (BMI ≥ 27) and age-matched normal-weight women participated in this study. Written questionnaires were used for data collection. Simple frequency and t-test were used to analyze data. In general, the majority of normal-weight women perceived themselves as being heavier than their actual body weight. The normal-weight group had more high inaccurate images of their bodies than that of the obese group (72% vs. 24%). Obese and normal-weight women had similar attitudes to overweight people, but some of their attitudes showed significant differences. Obese women would prefer to consume more fried foods and drink sugar-containing foods than would normal-weight women ($p < 0.05$). Education about accurate perceptions of what is normal weight for women and adopting energy-diluted foods for obese women is needed in the future.