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## SA kids weight obsessed

SOUTH Australian children demonstrate an unhealthy concern about avoiding “fatness”, a new study from Flinders University has revealed.

Thirty-eight SA primary schoolers aged 11-12 were interviewed for the study which revealed many over-emphasised the links between body size and their wellbeing, without acknowledging other as-

pects of health such as sleep, socialisation and feeling good.

Participants said they needed to take personal responsibility to avoid “fatness”.

Lead author Dr Stefania Velardo said the study highlights the importance of redeveloping public perceptions, and new education initiatives to strengthen positive relationships between kids and food.