



Abstract Template

Title: (do not enter authors names here)	High prevalence rates of overweight and obesity of kindergarten teachers in Germany - A Pilot Study
Abstract:	<p>Introduction: Child care time in kindergarten in Germany has increased in the recent years. Meanwhile children may stay at the kindergarten for more than 8 hours a day. With regard to the political discussions about the day care the importance of childcare facilities is increasingly coming into focus.</p> <p>Methods: Kindergarten teachers (KT) from all public kindergarten in Mainz, Germany were enrolled in this study. We measured BMI and the health behavior (Physical activity, media consumption, smoking status, child perception) with a self-reported questionnaire. The present analysis was restricted to 313 KT with complete data aged 18 to 62 years. Overweight and obesity were classified by using the WHO-categories.</p> <p>Results: Prevalence of overweight/obesity was 39.6% and 17.1%, respectively. While 61% do sports, 27.7% are still smoking and 18.9% are former smokers. Only 45% were able to estimate correctly overweight in children based on special silhouettes. TV consumption on weekends is higher among those who have a higher BMI ($p=0.001$). We also could determine a weak correlation between overweight teachers and the geographical location of their kindergarten ($p=0.041$).</p> <p>Conclusion: Here we found evidence that there may be a poor health status of KT in Germany. Because of the long daily kindergarten time, it could be suspected that children could copy the behavior of their KT over time. Furthermore, it requires greater attention to the unfavorable distribution of KT within the districts. Future research is needed about the health status and the educational system of KT and the proposed effect of children.</p>