

Abstract

This study aims to examine the weight concerns, eating symptoms, body image and self image among Chinese elementary school children in Hong Kong. Questionnaires were completed by 2585 children (1944 girls and 641 boys) of age 9 to 14 enrolled in grade 4 to 6. Results indicate that eating and weight concerns were prominent in Hong Kong preadolescents. Compared with boys, girls reported more concerns about being overweight, greater desire to be thinner and to lose weight, and lower self image. For girls, these concerns and desires increased with grade. For weight loss behaviors, girls were more likely than boys to diet and to avoid certain food. Boys, instead, used exercises, fasting and vomiting more to lose weight. No gender difference was found in self-perception of weight and body image satisfaction.