

Childhood Obesity 2020: Trend of obesity-overweight as an index of nutrition status in adolescent during 10 years period-Fatemeh Abdollahi-Mazandaran University of Medical Sciences, Health Sciences Research Center, Addiction institute, Sari, Iran

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Abstract

The amount of overweight children is rapidly growing. This study assessed the trend of obesity/overweight and its related factors among Mazandaran adolescent's students. Via stratified, randomly sampling method, 1230 students' documents from the first degree to upper secondary level were assessed during 2005-2014 years. Body Mass Index (BMI) was calculated. BMI Z-Score was categorized in three grade; normal ($1 \leq z < 2$), over weight ($1 \leq z < 2$), obese (≥ 2). The trend of obesity- overweight during this period was investigated. The rate of obesity increased from 3.1% to 4% from age 7 to 12 years, and it decreased to 2.9% at ages 15 years. The rate of overweight increased from 8.3% (98) at age 7 to 10.1% (121) and 10% (119) at ages 12 and 15 years respectively. At the age 15years, the rate of obesity and overweight in girls were double of boys (1.9% vs. 1.1% and 7% vs. 3%). There were no significant relationship between obesity/overweight and parent occupation and education, kind of school as well students' residency. Although, the amount of obese children was not significantly growing in this study but, the prevalence of overweight was high at each stage. Intervention programs to prevention of overweight should be started at primary or secondary school ages.

The majority of the students in our study emphasized that the simulation should be repeated for the effectiveness of education. As a result, it could be said that the repeated simulation method is effective for nursing students in increasing self-efficacy, and reducing anxiety and tendency to a medical error. In this context, it is recommended to include a repetitive simulation method in nursing curriculum programs.

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