

INTERNATIONAL PEDIATRICS, INFECTIOUS DISEASES AND
HEALTHCARE CONFERENCE
&
8th International Conference on
BACTERIOLOGY AND INFECTIOUS DISEASES
November 22-24, 2018 Cape Town, South Africa

Prevalence of overweight and obesity and its associated risk factors among primary public school students (10-14 years old) in Arkaweet, Sudan

Huda Abbass Alhadi
University of Khartoum, Sudan

Introduction: Childhood obesity is one of the most serious health challenges of the 21st century. The problem is global and the prevalence is increasing at an alarming rate.

Materials & Methods: A descriptive cross sectional school based study was conducted among primary schools student's males and females in Arkaweet, Khartoum, Sudan. Simple random sampling was used. The data was collected through a self-administered questionnaire. Height and weight of the subjects were measured and Body Mass Index (BMI) was calculated, using growth charts of Center of Disease and Control (CDC).

Results: A total of 161 children between ages of 10 and 14 were involved in the study. The prevalence of overweight and obesity was 34% and 4.97% respectively. Females had a higher prevalence of overweight 38.3% when compared to males 30%. Obesity also was highly prevalent in females (7.4%) than in males (2.4%) the majority of subjects studied healthy- weight (50.9%). The mean weight is 48.1, mean height is 141.2. There was significant association between educational level of father (p value=0.000), educational level of mother (p value=0.000), job of mother (p value=0.046), physical activities (p value=0.034), watching TV (p value=0.04) and playing video games (p value=0.000) for long hours per day, number of daily meals (p value=0.002), type of food, fast food (p value=0.032) and soft drinks consumption (p value=0.000) and family size (p value=0.003). There was obvious psychological impact among overweight and obese students, as they suffer a lot from their classmate bullying.

Conclusion: The results of the current study provide alarming evidence based data on the considerable prevalence of childhood overweight and obesity among primary public school students in Arkaweet, Khartoum, Sudan.

Biography

Huda Abbass Alhadi has completed her primary schooling at Ibrahim Saeed and did her Secondary at Alawia Abd Alrfie Model School. Currently she is pursuing her 5th year Medicine at University of Khartoum, Faculty of Medicine.

hudaabbass766@gmail.com

Notes: