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

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**Background:** Childhood obesity is one of the most serious health challenges of the 21<sup>st</sup> century. The problem is global and the prevalence is increasing at an alarming rate.

**Objectives:** To determine the prevalence and associated risk factors of overweight and obesity among primary public school children (10-14) years old in arkaweet-khartoum-sudan.

**Materials and 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 significance 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 is a 5<sup>th</sup> year student in the department of faculty of medicine in University of Khartoum, Arkaweet, Sudan. She is interested to learn research methodology and attended many workshops. She worked as author in research of childhood obesity 2017-2018. She works as volunteer in many medical missions to help Sudanese patients at rural areas in Sudan.

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