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A Study on prevalence of overweight and obesity in adolescents in the Iranian city of Sanandaj-2014

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Abstract:

Background and Objective: Obesity among adolescence is important because of direct relation between obesity in adulthood and chronic diseases such as diabetes and cardiovascular diseases. The aim of this study is evaluating the prevalence of overweight and obesity among high school students in the city of Sanandaj.

Design: This cross-sectional study was conducted on 553 students aged 14 to 18 years old, at high schools in the Iranian city of Sanandaj in 1393. Their weight and height were measured according to Body Mass Index percentile for age and sex.

Results: 553 students participated in the study: 51.7% (286) were male and 48.3% (268) were female. Their average age was 16.24 ± 1.22 . The average Body Mass Index was 21.48 ± 3.73 kg/m^2 21.42 ± 3.41 kg/m^2 for boys and girls respectively. Results show that the prevalence of overweight and obesity (BMI above the 85th percentile) was 10% (n=55) and 4.9% (n = 27). There was no significant difference between sexes.

Conclusion: Although prevalence of overweight is high in this study, it is still less than similar researches conducted in other Iranian cities.

Keywords:

Student, Obesity, Overweight

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