

Prevalence of Overweight and Obesity among School Going Children Aged 7 to 13 Years in Kabul City

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Abstract

Introduction: During the last two decades, obesity has proved to be one of the most important problems of public health, and it is considerably more frequent in developed countries, not only in adults, but in children, too. It is known that the prevalence of overweight differs by race, sex, and geographic location.

Objective: The aim of this study was to determine the prevalence of overweight and obesity among school going children in Kabul City.

Method: This was a descriptive cross sectional study which was conducted during May to July 2017 on school going children aged 7 to 13 years at Kabul City, Afghanistan. The sample size has been calculated by using Epi-Info to be 424 students. The sample was selected by using multi stage cluster sampling method. The data were obtained by using pre-structured questionnaire through face to face interview, measuring height and weight was done. The cutoff points of BMI for defining obesity and overweight were based on the IOTF standard values. Result of this study has been analyzed according to the type of data and all the results were presented using charts and tables.

Results: In this study 491 students were interviewed. The mean age of participants was 9.09 ± 1.8 years. 45.2 percent of the participants were boy and 54.8 percent of them were girls. In average students have 4.74 ± 2.28 brother and sister. More than half of the students usually drink soda (59.4%), 26.3% of them drink fruit juice, 8.8% drink fresh fruit juice and 5.5% doesn't drink beverage usually. The prevalence of overweight among the study group has been found 4.9%, this figure was 2.3% in boy and 7.1% in girls. The prevalence of obesity was 4.1% this figure was 0.9% in boy and 6.7% in girl. The prevalence of overweight and obesity was higher among students aged 7-8 years, students that they are living in 5th district, students whose father was doing business, students who takes too much cookies and soda. The prevalence of underweight was 28.5% this figure was 32.9% in boy and 24.9% in girl.

Conclusion: The prevalence of overweight and obesity was low in the study population but underweight was more prevalent among the study group especially in boys.

Key words: Overweight, Obesity, Prevalence, Children, School, Kabul