



## Obesity trends in school children of Madinah Al Munawwarah-A Cross-Sectional study

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### Abstract:

Background:

Obesity is one of the three gravest threats to human health but no study has been conducted in the 2nd holiest city of Muslims Al Madinah Al Munawwarah located on western part of Saudi Arabia.

Objectives:

This study aimed to evaluate the prevalence of overweight and obesity in school children.

Methods:

Participants were healthy school boys and girls aged 05-18 years. It was a cross-sectional stratified study. Total sample size was 6000 consisting of 3000 boys and 3000 girls. Twenty (20) schools were selected with random stratification with the help of Ministry of education. Data were collected between April - December 2017. Height and weight of children were measured to calculate percentiles for BMI-for-age and -sex according to the 2000 Centers for Disease Control and Prevention (CDC) growth charts. Overweight and obesity was defined as BMI-for-age/sex  $\geq$  85th and  $\geq$  95th percentile respectively.

Results: The overall prevalence of obesity was 14.7% (n=588). Obesity Prevalence in boys was 16% (n=347) and in girls was 14% (n=241). The overall prevalence of overweight was 15.4 % (n= 616). The Prevalence in boys was 16% (n=366) and in girls was 14% (n=250).



### Biography:

Atta ur Rehman Khan Studied at King Saudi Bin Abdulaziz University for Health Sciences

### Publication of speakers:

1. Khan, Atta Ur Rehman & Othman, Mazliza & Xia, Feng & Khan, Abdul. (2015). Context-Aware Mobile Cloud Computing and Its Challenges. IEEE Cloud Computing. 2. 42-49. 10.1109/MCC.2015.62.
2. Khan, Atta Ur Rehman & Othman, Mazliza & Khan, Abdul & Abid, Shahbaz Akhtar & Madani, Sajjad. (2016). MobiByte: An Application Development Model for Mobile Cloud Computing. Journal of Grid Computing. 13. 605-628. 10.1007/s10723-015-9335-x.
3. Khan, Atta Ur Rehman & Othman, Mazliza & Ali, Mazhar & Khan, Abdul & Madani, Sajjad. (2014). Pirax: Framework for Application Piracy Control in Mobile Cloud Environment. Journal of Super Computing. 68. 753-776. 10.1007/s11227-013-1061-1.

### Webinar on Food and Nutrition

**Citation:** Atta ur Rehman Khan;Obesity trends in school children of Madinah Al Munawwarah-A Cross-Sectional study;Food and Nutrition 2020 | July 22, 2020 | London, UK.