

International Conference on  
Diabetes, Endocrinology and Metabolic Syndrome  
&  
Annual Summit on  
Diabetes, Obesity & Heart

March 07-08, 2019 | London, UK

## Smoking (waterpipe and cigarette) and obesity among university students in UAE and Palestine: Cross sectional study

**Haleama Al Sabbah**  
Zayed University, UAE

To assess the prevalence rate of waterpipe smoking behaviour among university students in West Bank and Dubai, and determine the factors associated with waterpipe smoking among young people. A cross-sectional study was made to understand the real-time behaviour of the student. 5 Universities in West Bank-Palestine and 5 Universities in Dubai-UAE was chosen for this study. 3800 students randomly selected with a response rate of 87.6%. The self-administered questionnaire was used to collect the data. The key measures were waterpipe smoking, weight, height, cigarettes smoking, dieting to reduce weight, perception and knowledge related to waterpipe smoking. Weight, height and waist circumference were measured from a subsample

of 500 students. Body mass index (BMI) was calculated using the WHO cut-offs to identify obese, overweight and underweight students. In total, 3327 students (54% West Bank and 46% Dubai) included in this analysis. In Dubai, 22% were overweight and 9% were obese. In West Bank, 14% were overweight, and 4% were obese. 16% in Dubai and 18% in West Bank smoke cigarettes. The quarter of the students in Dubai (26%) and 32% in West Bank smoke waterpipe. 17% in Dubai and 18% in West Bank smoke water pipe in order to reduce their weight. Significant associations were found between smoking waterpipe and obesity, overweight, and abdominal obesity ( $p < 0.001$ ).

e: haleama.alsabah@zu.ac.ae



Notes: