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Body fat percentage, BMI, skinfold thickness and waist circumference among young athletes in the United Arab Emirates

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Nutrition is a critical part of human health and development. However, overweight and obesity prevalence is raising worldwide, with associated obesity related diseases. Body mass index (BMI) is an index of weight-for-height that is commonly used to classify weight category, the skinfold measurement method is the most widely used body fat composition testing method for assessing body fat percentage. The purpose of this study was to evaluate the prevalence of body weight, body fat and waist circumference. A cross-sectional study among 59 male soccer players aged 13-18 years recruited from Al Jazira Academic sports clubs in the United Arab Emirates were Body Mass Index (BMI) and body fat percentages calculated by different skinfold thickness and by body fat analyzer and waist circumference were calculated for each subject, WHO classification was used for defining the cut points. The results indicate that the prevalence of underweight, overweight and obesity were 1.69%, 6.7% and 0%, respectively while the healthy weight was 91.50%. The average mean body fat percentage measured by body fat analyzer of the respondents was $16.46 \pm 3.28\%$. The mean body fat percentages calculated by different skinfold thickness were: biceps 4.66 ± 2.20 mm, triceps 7.44 ± 2.58 mm, supra-iliac 7.55 ± 2.94 mm and subscapular 8.17 ± 2.00 mm. Skinfold reading for athletes fell into average for triceps was 55.91% and sub-scapular=72.85%. Waist circumference classification according to NCHS waist percentiles show 69.60%, athletes fell into 5th-25th percentile and 26.80% in 50th and the rest were <5th. Our findings could be used in obesity awareness promotion and nutrition education program as it show there are some athletes fell in unhealthy weight, skin fold and waist circumference category where they should be in optimal status comparing to others. However, further investigation about the determinants of obesity and body fat, including age, sex, race and nutrition and changes over time, is needed.

Biography

Seham M AlRaish is currently pursuing PhD at the United Arab Emirates University after completing her Master's degree in Environmental Science. She has published two posters in reputed conference.

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