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Evaluation of the obesity contributing factors in first grade elementary school students from Sari, North of Iran

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Obesity in children has raised the worries about public health and hygiene. In this study, we intended to evaluate the obesity rate among the children first grade elementary schools throughout the Sari, north of Iran. Moreover, we evaluated the possible effects of mother's life conditions on the estimation of obesity in children. In this descriptive cross sectional study, the study population included first grade elementary school students in Sari. Sampling was carried out through multi-stage and stratified randomization at level of the target students. Using stadiometer and digital scales, the height and weight were measured. Body mass index (BMI) was also calculated. A questionnaire about feeding habits and socio-economic status of parents was employed. Data collection was conducted using phone interview with parents as well as the questionnaire's records. Analysis of data was conducted in SPSS v.22 using suitably statistical tests. IBM SPSS Amos software was utilized for path analysis. A $P < 0.05$ was considered as statistically significant. It was observed that 15% of the evaluated cases were obese. There was association between BMI of the obese cases and lifestyle-related habits. Path analysis revealed significant impression of parent's habit on the obesity of children. Our results suggest that the overall prevalence of obesity in Sari was high, which proposes the nasality for serious consideration in the health system, and designing, developing, and implementing of preventive approaches with regard to childhood obesity.

Biography

Melody Omraninava has completed her General Practice at Mazandaran University of Medical Sciences and Infectious Disease Specialization at Shahid Beheshti University School of Medicine. She is Educational Manager of Faculty of Medical Sciences at Islamic Azad University-Sari Branch. She has published nine papers in reputed journals.

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