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Prevalence of childhood overweight and obesity and its affecting factors among mid-preparatory school children's in Al-Dawadmi City, Saudi Arabia: A school-based childhood obesity education and intervention

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Childhood overweight and obesity is one of the most serious public health challenges of the 21st century. The prevalence has increased at an alarming rate. The current research is aimed at to determine the prevalence of childhood overweight and obesity and its determinant factors among Saudi children. A cross-sectional survey was conducted among 465 mid preparatory school children in Dawadmi city from March to April, 2018. Overweight and obesity was determined by using BMI percentile chart, CDC 2000, Socio Demographic, WHO child growth standards, Global School based student health survey (GSHS) which uses a self-administered KAP questionnaire and data were collected using combination of interview of children. Data were processed and analyzed. A total 465 children participated in the study. The overall prevalence of underweight, normal, overweight and obesity is 45(9.67%), 349(75.05%), 46(9.89%) and 25(5.37%) respectively. Significant association (P 0.001) between overweight, obesity, illiterate economic stage of the father, the presence of obesity among in the family, child' attitude regarding eating habits, regular physical activity includes play, games, sports, recreation, walking or riding bicycle and sedentary life style like spent their free time watching TV, play computer game and mobile phones. There was a severe effect of overweight and obesity children on their psychological consequence are at 33.3%. Early education, interventions and evaluations conducting in primary and secondary schools and community based on modifiable risk factors. Promoting active lifestyles (Physical activity) and Diet (Healthy eating habits) are more effectively to prevent the rate of childhood overweight and obesity.