

16<sup>th</sup> International Conference and Exhibition on**OBESITY & WEIGHT MANAGEMENT**  
&**17<sup>TH</sup> WORLD FITNESS EXPO** November 13-15, 2017 | Atlanta, USA**Childhood Obesity in a Consultation of Two Health Care Center (HCC) in the Periphery of Sfax : Diagnosis and Future**Najoua Saafi<sup>1</sup> and Yosra Gaddour<sup>2</sup><sup>1</sup>Basic Healthcare Group of Sfax- Tunisia<sup>2</sup>Basic Healthcare Group of Jbeniana- Tunisia

The group age 3 to 15 years old represent 20 % of the population in Tunisia. Each (HCC) have a consultation specifically designed to this age group within the framework of the National Mother and Child Health Program. To identify the incidence of obesity in this HCC we realized this cross-sectional survey of 122 children interviewed with one of their parents (122) attending two medical centers in the periphery of Sfax (Ouled Ahmed, Sidi Salah) each one with a population of about 4500. The incidence of obesity was 12.5%: 15.2% among girls and 8.1% among boys. The average BMI was 14.29 kg/m<sup>2</sup>. The average age was 7.56 years old. The proportion of children who spend more than 2 hours in front of TV and/or internet was 65% and 38% more than 4 hours. However, 72% of the parents report that their child is highly active, liking to play but 54% of obese children have no sportive activities. 31% have at least repeated a year but 53% of obese children have no grade repeat. 68% brought sweets and 29% sandwiches as snack. The incidence of obesity increases with age from 4% at the preschool age to 10% between 12 and 15. This survey shows the children's bad habits implied the passivity of the parents in addition to sociocultural pressures. So it will be crucial in the success of the strategy of tackling child obesity to take care both of the children and the parents.

**Biography**

Najoua SAAFI has completed her PhD in medical studies at the age of 27 years from Sousse University School of Medicine. She is a principal doctor in public health since 1999. She has published more than 10 posters in different conferences, focusing mainly on obesity in different age ranges including pre-schooled and elementary kids, adolescents and adults aged over 40, hypertension, diabetes and emergency.

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