

World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

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Secondary school male student's perception towards their Weight, Almethnab Town, Qassim, Saudi Arabia**Omer A. AsSaigal***Public Health Specialist, MPH student, MOH Saudi Arabia*

Objectives: To estimate the prevalence of the obesity and overweight among male Secondary School Students at Almethnab Town and to determine their perception towards their body weights.

Methodology: We surveyed male secondary school students in Almethnab town in Qassim using a self-administered questionnaire and weighing/height scale. All of the four male secondary schools were targeted. The calculated sample size was 256 students. A stratified cluster sampling technique was used to select research participants. Body mass index (BMI) was calculated and interpreted using web-based CDC childhood and adolescent BMI calculator. Weight status perception was assessed by comparing students' opinions about their weight against BMI percentile status.

Results: Out of 363 selected students, all of the available 270 students participated, with a response rate of 74%. Thirty-two (12.2%) of the students were underweight, 143 (54.6%) were normal, 30 (11.5%) were overweight, and 57 (21.8%) were obese. Students perception towards their weight was correct for 159 (65%) of students. Out of the 87 overweight/obese students, 16 (18.4%) perceived their weight as appropriate, 17 (53.1%) of 32 underweight students look at their bodies as normal, while 29 (20.4%) of normal weight students perceive themselves as overweight. Obese students exercise less both in frequency and duration than non-obese ones. Sweetened drinks, fast food and frequent snacks are weakly associated with obesity.

Conclusion: Prevalence of obesity is very high among male secondary school students in Almethnab town. One-third of students have misperceptions about weight status.

Biography

Omer A. AsSaigal is a public health specialist with a bachelor degree in public health from Qassim University. He also certified in diabetes educator. He is currently working as diabetes educator at the Diabetes and Endocrinology Centre, King Saud Hospital, Qassim, Saudi Arabia. He had previously worked as general public health specialist at a public health unit in a provincial health sector and also as a public health officer at a health information technology company. At present, he enrolled in a master's degree program in Health Promotion in King Saud University. He passionate about promoting healthy life style for his community.