



Prevalence of overweight and obesity among adolescents aged 10-19 years in Mongolia
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ABSTRACT : The worldwide prevalence of overweight and obesity in children and adolescents has increased in recent decades. An estimated Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016 and it has been projected that approximately 30% of all children will be affected by these conditions by 2030. Population life expectancy and health status is directly related to adolescent health, as many chronic disease conditions are affiliated with adolescence.

This study to estimate the prevalence of overweight and obesity among 10-19 years old children of three provinces in Mongolia. This survey was a school-based survey of students in grades 5-7 and 8-12, which are typically attended by students aged 10-12 and 13-19 years. Student growth was assessed using the anthropometric measurements of WHO growth reference for school-aged children and adolescents. The prevalence of overweight and obesity (14.3% and 3.5%) among students in Zavkhan aimag is significantly higher than in Bayankhongor (10.4% and 3.3%) and Gobi-Altai aimag (10.4% and 3.3%) students ($p < 0.001$). The national average rate of overweight and obesity among students was 9.1% in 2010 and 12.1% in 2013, but in 2019, the results of the survey conducted in these three aimags (16.6% -21.3%) increased. The school environment provides a focused opportunity to introduce healthy lifestyles to children under a controlled environment to address rapidly growing prevalence of overweight and obesity in young school children. Nutrition guidelines for school canteens, mandatory physical education with provision of school-based sports, and integrated education on healthy lifestyles, as recommended by the WHO, are all key components of addressing child obesity.

Keywords: overweight, obesity, children's health, healthy lifestyles, Mongolia



Biography Dr. Otgonjargal was formally trained as pediatrician and conducting research on environmental pollution on human health, nutritional status of mothers and children. The main focus of the study is the health of the public, the health of the mothers, the children's health, the health effects of the pollution and the nutrition of the population. She worked on the Asian Development Bank (JFP9131) project to improve the chronic malnutrition of under 5 years old children and the common risk of non-communicable diseases and the mortality rate of the population in relation to air pollution. Currently, She is working relentlessly in the following areas and goals: to study and create an evidence-based knowledge on environmental, social and economic factors influencing the health and well-being of our fellow Mongolians; to have the research findings reflected in the decision-making process at all levels; to engrain healthy attitudes and change the risky behaviors of our citizens; and to foster a healthy, safe and supportive environment for every Mongolian.

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