11ᵗʰ International Conference on

March 15-16, 2018 | Barcelona, Spain

Trends of underweight and obesity defned by anthropometric measurements among male students at University of Thamar and Al saeeda-Yemen

5VXY a UY_ʿA ˙5a fUbʿand ˙5VXi ˋUn]nˋ5'''5VVUg
Thamar University, Yemen

The general characteristics of the study sample, the total number of study participants amounted to 300 males; with mean age of M=21.3, SD=3.01 years. e majority of students were unmarried (86.3%), while the married students were 13.7%. Around 15.7% of students reported eating less than three meals per day. However, 12.7% of participants skipped their breakfast. ose, whose appetite was poor, felt sad most of the time and Qat chewing percentage was around 78% respectively. A larger proportion of the parents (fathers) education of participants (33%) was more than high school education, while larger proportion of the parents (mothers) education of participants (61.5%) was no education. Anthropometric measurements were done for the participants, together with questionnaire administration. Results indicated that the median BMI was 20.2. Overall, 17%, 70.7%, 9.7% and 2.7% were underweight, normal, overweight and obese respectively. 96% were normal and 4% at risk related to waist circumference while abnormally, extremely, healthy, overweight and obese were 4%, 45.7%, 44.7%, 4% and 1.7% related to WHtR. Poor diet and high prevalence of unhealthy eating habits was recorded among the participants; and unhealthy lifestyle as Qat chewing had been identi ed as risk factors of underweight disease.

alrgma@yahoo.com