

OBESITY AND DIET IMBALANCE

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The metabolic syndrome is a public health problem that is more common with the changing habits and the effect of increasing obesity. The aim of this study is to assess the frequency of the metabolic syndrome in Turkish adolescents and the affecting factors. The study was conducted with 382 adolescent children aged 10-17 years. The data were collected using a face-to-face interview method with questionnaire form. The questionnaire contains general information, nutritional habits, physical activity status, some biochemical blood data and anthropometric measurements of the adolescents. Analyses were evaluated with appropriate statistical methods. 38.7% of the participants were male (n=148) and 61.3% were female (n=234). It was determined that 90.2% of the females and 72.3% of the males entered puberty. 33.5% of the people consumed their main meals regularly every day. The most frequently skipped main meal was morning breakfast (52.8%). More than half of adolescents (56.5%) consumed fast food. 37.2% of the females and 55.2% of the males had metabolic syndrome. A statistically significant difference was found between the presence of metabolic syndrome and gender status ($p < 0.05$). 53.3% of those with metabolic syndrome frequently consumed fast food and this was statistically significant ($p < 0.05$). Fasting blood glucose