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Prevalence of overweight and obesity and its associated risk factors among primary public school students (10-14) years old in Arkaweet-Khartoum-Sudan

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Background: Childhood obesity is one of the most serious health challenges of the 21

Materials & Method: A descriptive cross-sectional school-based study was conducted among primary school student's males and females in Arkaweet, Khartoum, Sudan. Sim\$2 ³ð 9U^ìaìÒ®enter of Disease and Control (CDC).

Result:A total of 161 children between ages of 10 and 14 were involved in the study. e prevalence of overweight and obesity was 34% and 4.97%, respectively. Females had a higher prevalence of overweight 38.3% when compared to males 30%. Obesity also highly prevalent in females (7.4%) than in males (2.4 %) most subjects studied healthy-weight (50.9%). e mean weight is 48.1, mean height is 141.2. ere was signi cance association between educational level of father (p value=0.000), educational level of mother (p value=0.000), job of mother (p value=0.046), physical activities (p value=0.034), watching TV (p value=0.04) and playing video game (p value=0.000) for long hours per day, number of daily meals (p value=0.002), type of food, fast food (p value=0.032) and so drinks consumption (p value=0.000) and family size (p value=0.003) ere was obvious psychological impact among overweight and obese students, as they su er a lot from their classmate bulling.

Conclusion: e results of the current study provide alarming evidence-based data on the considerable prevalence of childhood overweight and obesity among primary public-school students in Arkaweet Khartoum, Sudan.

## Biography

Huda Abbass Alhadi is a 5th year medical student of faculty of medicine at university of Khartoum. She studied research methodology as part of college curriculum. Huda Abbass worked as an author in research on childhood obesity 2017-2018 and as data collector in another research in the university 2016-2017.

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