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## The effect of health promotion program on anthropometric indices in overweight and obese students of Shiraz elementary schools

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**Background & Objective:** The prevalence of obesity and overweight among children and adolescents is significantly increasing in industrialized and developing countries. It has been estimated that 10% of the world's school-age children are overweight. In the present study, we aimed to evaluate the effect of health promotion program on anthropometric indices in overweight and obese children of Shiraz elementary schools.

**Methods:** In this interventional study, we recruited 145 elementary school children. Two schools from each educational district were selected using random simple sampling method. 20 first- to fifth-grade students who were obese or overweight were selected from