Title: Prevalence of BMI and its related factors among primary school students in Sanandaj, Iran

Abstract: Introduction and Objectives: Over the past 3-2 decades, the prevalence of obesity among children has been increased significantly. The aim of this study was to assess the prevalence of BMI and its related factors among primary school students in Sanandaj, Iran in 1389.

Methods: This research was a descriptive-analytical study. The population included the primary school students in Sanandaj, who were selected by random cluster sampling (800 samples - 400 girls and 400 boys). At first, their height and weight were measured and secondly their BMI was calculated. Moreover, a questionnaire about BMI-related factors was completed by the respondents. After calculating BMI and determining the values of the top percentile and the values between 85 and 95 percentiles in proportion to the respective age and gender, obese, overweight, and low weight students were determined. Data analyzed by SPSS software using CHISQURE and Man-Whitney U Test.

Results: Prevalence of overweight and obesity in this study were 1.6% and 16.3%, respectively. Only, 23% of the students had normal weight. There was a significant difference in obesity by students' age, duration of walking to school, and students' appearance. Also, significant differences were found in obesity by the number of hours watching television per day, entertainment type, place of living, parents' education and job.

Conclusion: Unfortunately, the prevalence of childhood obesity in our country is high. Considering this high (16.3%) prevalence of obesity in this study and similar studies in the country and also its associated factors such as duration of walking to school, the number of hours watching television per day, entertainment type and place of living, designing more appropriate interventions is suggested.

Keywords: Overweight, Obesity, Body Mass Index, Primary school, Children

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