

Overnutrition in Adolescents and Its Associated Factors in Dale District Schools in Ethiopia: A Cross-Sectional Study

Authors : Beruk Berhanu Desalegn, Tona Diddana, Alemneh Daba

Abstract : Objective: The aim of this study was to assess the magnitude and determinants of overnutrition among school going adolescents from Dale District of Ethiopia. Methods: An institution-based cross-sectional study was done between November and December 2020. A total of 333 school going adolescents aged 10-19 years were participated. Socio-demographic, lifestyle, physical activity level, an estimated individual dietary energy intake; and height and weight data were collected. Body Mass Index for age (BAZ) was computed. Results: The magnitude of over-nutrition was 7.2% (10.8% in urban vs. 3.6% in rural). Lack of adequate playing area (AOR=2.53, 95% CI:1.02, 6.26), being an urban resident (AOR=3.05, 95% CI:1.12, 8.29), having more energy intake than expenditure (AOR=9.47, 95% CI:1.58, 56.80), ever consumed fast foods a month before the survey (AOR=2.60, 95% CI:1.93, 6.83), having moderate physical activity (PA) (AOR =9.28, 95% CI: 6.70, 71.63), low PA (AOR=7.95, 95% CI:1.12, 56.72), and having snack between meals (AOR=3.32, 95% CI:1.15, 9.58) were positively associated with over-nutrition. Conclusion: The magnitude of over-nutrition among school going adolescents was lower compared to previous reports in Ethiopia. Sedentary lifestyles, excess calorie intake, not having adequate playing areas in the schools, and having snacks between meals were statistically predicted determinants for over-nutrition in the study area.

Keywords : adolescent, over-nutrition, school, Ethiopia

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