

## High School Female-Adolescents' Weight Control Practices in Hawassa Town, Ethiopia

**Authors :** Beruk Berhanu Desalegn, Gelana Mulu

**Abstract :** Adolescence, especially for females, is a period of an ongoing risk behavior that triggers development of adverse health outcomes during adulthood. This study aimed to investigate the weight control practice and its associated factors among high school female-adolescents in Hawassa town, Ethiopia. A school-based cross-sectional study was conducted on 552 female-adolescents in Hawassa town. The study was conducted between December, 2020 to January, 2021. SPSS version 26 was used to analyse the data from the pre-tested questionnaire of socio-demographic, economic, socio-cultural, and related information. Among the total female-adolescents, 38.6% [95% CI= 34.5-42.8%] took on weight control practices. The study further revealed the condition of the weight control practice to be healthy (20.5%), unhealthy(25.9%, and the rest to be both healthyand unhealthy(7.8%). The multivariate regression model, cutoff  $p < 0.05$ , disclosed that predictors like late adolescent age [AOR=1.98; 95% CI=1.33-2.95], middle wealth status [AOR=2.72; 95% CI=1.60-4.63], high wealth status [AOR=5.69; 95% CI=3.43-9.46], normal BMI [AOR=2.36; 95% CI=1.18-4.71], overweight [AOR=2.45; 95% CI=1.13-5.28], mild depression [AOR=1.72; 95% CI=1.12-2.66] and dissatisfied own mid-torso body image [AOR=2.68; 95% CI=1.52-4.73] were found to have significant association with weight control practice. Therefore, it may be benefiting to consider the findings of this study for interventions associated with female adolescents weight control practices.

**Keywords :** female-adolescents, highschool, weight control practice, Ethiopia

**Conference Title :** ICFSN 2024 : International Conference on Food Science and Nutrition

**Conference Location :** Vancouver, Canada

**Conference Dates :** May 20-21, 2024