

## **Pilot Study of Overweight and Obesity among 8-9 Year Old Schoolchildren in the Republic of Kazakhstan**

**Authors :** Z. E. Battakova , G. Z. Tokmurziyeva, S. Z. Abdrakhmanova, A. A. Akimbaeva, A. A. Adaeva

**Abstract :** Introduction: In the Republic of Kazakhstan few studies have quantified overweight rates among children. Assessment of overweight and obesity in school children based on measured inter country comparable data has not been implemented. In this regard, in a pilot region, Aktobe oblast, prevalence of obesity among school children was studied based on the protocol of the World Health Organization (WHO) European Childhood Obesity Surveillance Initiative. Methods: The study was conducted on sample of 800 children of 2-3 grades in September 2014. The anthropometric variables were measured by standardized equipment to calculate body mass index. Prevalence of overweight and obesity was determined for 8 and 9 year old children by gender using WHO growth reference 2007. Results: 21,4% of children aged 8 years old were overweight, and 8,7% were obese. Among 8 year old boys the prevalence of overweight and obesity was 23,7% and 10,6% respectively, among girls 18,9% and 6,7% respectively. The prevalence of overweight was 25,7% and obesity was 10,8% for 9 year old children. 29,6% boys of 9 years of age were overweight and 8,6% were obese respectively. 20,9% of 9 year old girls were overweight and 13,4% were obese. Conclusion: Thus, 22,6% of children 8-9 years of age at the study population were overweight and 9,3% obese. The results of the survey demonstrate the need for further study of indicators at the national level for internationally comparable data and actions to tackle childhood obesity epidemic as well as the need for monitoring trends of overweight and obesity among children.

**Keywords :** 8-9 year old school children, obesity, overweight, body mass index

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