

The Prevalence of Overweight and Obesity among Adolescents in Public and Private Schools in Two Senatorial Districts of Osun State, Nigeria

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Abstract : Obesity is the most serious long-term health problem currently facing adolescents and its prevalence increasing worldwide including developing countries. A cross-sectional study was carried out among age 11-19 years in both public and private school in the urban area of the state. The data was collected using pretest self-administered questionnaire; Anthropometric measurement was also used to examine their nutritional status. Obesity status were determined using BMI cut off point, the overweight was found to be 3.06% among female and 0.6% among male whereas the prevalence of obesity was 0.46% in female and non among male. 62.6% snack daily, fruit consumption pattern was low 0.6%, and 43.7% spend between 4-5 hours watching television daily after school. A positive association exists between the lifestyle and nutritional status of the respondents. Education effort to improve nutrition knowledge can be incorporated into course curriculum and focus on various components within the system when implementing preventive measure on obesity.

Keywords : adolescent, obesity, overweight, prevalence

Conference Title : ICHN 2018 : International Conference on Dietetics and Human Nutrition

Conference Location : London, United Kingdom

Conference Dates : June 28-29, 2018