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Proportion and risk factor of obesity in elementary girls in Riyadh

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Background: Obesity is a complex multifactorial condition in which excess body fat may put a person at high health risks. Data indicate that the prevalence of obesity is increasing in children and adults.

Objective: To determine the prevalence and risk factors of obesity in elementary school girls.

Methodology: Observational descriptive cross-sectional school-based survey at Ibn Khaldoun private elementary school, Al-Nafil neighborhood, at the east side of Al-Riyadh, KSA Riyadh 2016. The data was collected from 137 of second and fifth grades elementary school girls' students. Height, weight, and body mass index (BMI) were measured for all students, who were then classified as underweight/normal, overweight, or obese according to their BMI values.

Result: Of all students surveyed only 29% at grade 5, 71% at grade 5 are obese. About 40% of obese students are taking early breakfast, 54% are eating dinner. Also 88% are practice walking, 46% are practice cycling, 38% are practice rope workout.

Conclusion: This study shows clearly that students who are in grade 5 much more obese in grade 2. There was no relationship between the obesity and eating or obesity and physical activity.

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