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The effect of health promotion program on anthropometric indices in overweight and obese students of Shiraz elementary schools

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Background & Objective: The prevalence of obesity and overweight among children and adolescents is significantly increasing in industrialized and developing countries. It has been estimated that 10% of the world's school-age children are overweight. In the present study, we aimed to evaluate the effect of health promotion program on anthropometric indices in overweight and obese children of Shiraz elementary schools.

Methods: In this interventional study, we recruited 145 elementary school children. Two schools from each educational district were selected using random simple sampling method. 20 first- to fifth-grade students who were obese or overweight were selected from