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Childhood overweight and obesity at school: Case of the city of Parakou (Benin) in 2016

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Introduction: The objective of this study was to determine the prevalence of overweight among adolescents in public schools in the city of Parakou.

Methods: It was a descriptive and analytical cross sectional study with prospective data collection from 7 December 2015 to 31 March 2016. Students were regularly enrolled in public secondary schools of Parakou, aged 10 to 18 who received the written consent of their parents. The selection of students was done in a three degree random sampling technique. Overweight was defined by body mass index, according to BMI curves of the World Health Organization. The threshold values provided by the NHANES III were used to define abdominal obesity. The blood glucose and lipids were performed by enzymatic colorimetric methods on specimens from patients fasted for at least 6 hours. Other variables were blood pressure, eating habits, smoking (p) - (e) r) 1(i) -3 7 metr5 (enzy) -3 (m) 3 c (o8.9(2 s) -8

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