

Overweight and Obesity among High Level Secondary School Adolescents in Mwanza Tanzania

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FYWY]jYX'XUhY. April 11, 2016; 5WWYdhYX'XUhY. October 24, 2016; DiV'jg\YX'XUhY. October 27, 2016

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10.1186/s12916-016-0700-0

association was calculated. This study sought ethical clearance from the CUHAS/BMC institutional review board and Mwanza city council granted permission to conduct this study.

Results

The mean age was 17.2 years, Male 17.5 year and Female 17 year. The overall prevalence of overweight and obesity was 14.2% and 2.6%

respectively. Overweight and obesity among adolescents in boarding school and day schools were (13.4%) and overweight among boarding school adolescents were higher than (0.8% overweight) those day school adolescents. There was no student who had obesity in of campus group while the obesity among in campus was 2.6% (Table 1).

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16-17	75	19.7
18-19	306	80.3
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Female	325	86.3
Male	56	16.7
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Boarding	311	81.6
Day	70	18.4
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More than secondary	193	50.7
Secondary	105	27.6
Primary	73	19.2
Informal	10	2.6
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Government	120	31.5
Non-Government	63	16.5
Self employed	133	34.9
Farmer	62	16.3
Daily laborer	3	0.80
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Science	303	79.5
Arts	13	3.4
Commercial	65	17.1

Interviewee sex	Female	63 (19.4%)	262 (80.6%)	0.000
	Male	1 (1.80%)	55 (98.2%)	
Meal frequency per day	Less than two	11 (13.1%)	73 (86.9%)	0.000
	Three	53 (18.6%)	232 (81.4%)	
	More than four	0 (0%)	12 (100%)	
Eating out per week	Never	33 (14.7%)	191 (85.3%)	0.022
	Once	22 (25.9%)	63 (74.1%)	
	Two to four	6 (12.2%)	43 (87.8%)	
	More than five	2 (9.1%)	20 (90.9%)	
Time TV/computer per day	Less than three hours	62 (16.9%)	304 (83.1%)	0.008
	More than three hours	2 (13.3%)	13 (86.7%)	
Vegetable intake	Once per day	32 (23.9%)	102 (76.1%)	0.030
	Once to Twice per week	18 (13.6%)	114 (86.4%)	
	Three to six per week	11 (14.7%)	64 (85.3%)	
	Two times per month	0 (0%)	8 (100%)	
	None	3 (9.4%)	29 (90.6%)	
Fruits intake	Once per day	20 (19.8%)	81 (80.2%)	0.009
	Once to Twice per week	14 (16.7%)	70 (83.3%)	
	Three to six per week	7 (18.4%)	31 (81.6%)	
	Two times per month	2 (9.1%)	20 (90.9%)	
	None	21 (15.4%)	115 (84.6%)	
Meat intake	Once per day	16 (21.1%)	60 (78.9%)	0.000
	Once to Twice per week	33 (14.8%)	190 (85.2%)	
	Three to six per week	4 (10.5%)	34 (89.5%)	
	Two times per month	2 (15.4%)	11 (84.6%)	
	None	9 (29%)	22 (71%)	

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