Prevalence of Overweight and Obesity and Associated Factors among Private Primary School Students in Gulele Sub-City of Addis Ababa, Ethiopia

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=bhfcXiWh]cb. The rise in overweight and obesity among school children and adolescents confirms that childhood obesity is a global 'epidemic'. In Africa, despite a high prevalence of under nutrition, the prevalence of obesity is increasing at an alarming rate. The study was conducted to assess the prevalence of overweight, obesity and associated factors in private primary school students in Gulele sub city, Addis Ababa, Ethiopia.

AYh\cXg. We conducted institution based cross sectional study. The study aimed to provide information on the prevalence of overweight and obesity in private primary school students in Gulele sub-city. A random sample of 950 private primary school students aged 12–15 years old was taken using simple random sampling. Data was collected from each student by taking anthropometric measurements and by direct interviewing. Measurements of weight and height were conducted using calibrated digital bath balance and height measuring board in standing position respectively. To analysis the data, binary logistic regression and multivariable logistic regression analysis was conducted.

FYgi`hg. The overall prevalence of overweight and obesity was found to be 14.9%. The result of this study revealed that being female (AOR=1.80 with 95% CI: (1.16, tCI: obesMantb by mtbina tollts avevea1.80 uith95%(1.1MM tconAbeq

Although the mechanism of overweight and obesity development is not fully understood, it is confirmed that overweight and obesity occurs when energy intake exceeds energy expenditure. However, environmental factors and lifestyle preferences seem to play major roles in the rising prevalence of overweight and obesity worldwide [9,11,13-15].

ere is no study conducted in Addis Ababa private primary school students even though some literatures reported that, the prevalence of overweight and obesity is increasing at an alarming rate in both developed and developing countries [16-19]. Particularly, we were selected the private primary school students because it is an uent

Ethical approval and consent to participate: Ethical clearance was obtained from Institutional Review Board of University of Gondar. Permission letter was obtained from Gulele Sub-city Education Ofce and respective School Directors, where the actual study was conducted. Verbal consents and assent were obtained from both the parents/ guardians and from the study subjects. All the rights of the parents/

drinks four or more times per week was 1.5 (AOR=1.50 with 95% CI: (0.40, 4.59)) times higher than those who did not take so   drink. In addition, students small households (less than 4 family members) had 3.03 times higher odd of being overweight or obese (AOR=3.03 with 95% CI; 1.83, 5.01) compared to those who come from large family (family members of four and above). Moreover, those who took fruit one or more days per week (AOR=0.37 with 95% CI: 0.17, 0.80) and with those who took vegetable one or more days per week (AOR=0.33 with 95% CI: 0.14, 0.79) revealed inverse correlation with overweight and obesity (Table 2).

Discussion

In this study, the prevalence of overweight and obesity among the

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