**Prevalence of overweight and obesity and lifestyle assessment**

**among school–going children of Multan, Pakistan**

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**ABSTRACT**

**Objective:** To evaluate the burden of obesity in school–going children.

**Study Design:** A descriptive cross sectional study.

**Place and Duration:** Six months from 1st November 2017 to 30th May 2018 at Department of Preventive Pediatrics, Children Hospital and Institute of Child Health Multan.

**Methodology**: Data was collected from different schoolsof Multan District**.** Children age 3 to 18 years were enrolled by simple random sampling method.Weight, height and body mass index measured by trained Nutritionist. Life style pattern, physical activity and dietary patterns were questioned from all students. Consent and questionnaires were filled by parents of students less than 5 years of age as the students are not mature enough to answer on their own. Students from 5-18 years answered their questionnaires by themselves.

**Results:** Total 1872 children were assessed and 10% children were overweight and 5% children were obese. The prevalence of obesity was more in children who were attending private school (57%) than public school (43%). Most of the children consume fast foods once/twice weekly (35.6%) which enhances overweight and obesity. The chi-square test revealed that family size, no, of siblings, mother’s working status, skipping breakfast, fast food consumption, physical activity and sedentary lifestyle were significantly (P value < 0.05) linked with overweight and obesity.

**Conclusion:** Overweight and obesity among school going children of private and public schools in Multan was high and dietary behavior, physical activity and sedentary life style are major causes of higher burden of obesity among school going children.

## Keywords: Children, Obesity, Life style, Overweight, Dietary habits, Physical activity

**How to Cite This:**

Khan S, Abbas A, Ali I, Arshad R, Tareen MBK, Shah MI. Prevalence of overweight and obesity and lifestyle assessment among school–going children of Multan, Pakistan.Isra Med J. 2019; 11(4): 230-233.

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