

Prevalence and risk factors for overweight in grade five students in Medical Officer of Health Area, Gampaha in 2007

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The study consisted of two phases. Phase 1 was a descriptive cross sectional study, carried out among the grade five school children in government and private schools in Gampaha MOH area during September and October 2007. Nine schools were selected by stratified cluster sampling technique. Overweight and obese were detected using age and sex specific body mass index cut off points recommended by International obesity task force. The total number included in descriptive study was 1110. The prevalence of overweight was 11.34 percent (n=110). In univariate analysis, mother's employment (OR 1.68; 95 percent C.I : 1.05-2.68; P=0.03), Less physical activity done at home (OR 1.86; 95 percent C.I 1.01-3.42; P=0.05). less physical activity assessed with overall activities (OR 1.77; 95 percent C.I 1.08-2.90): P=0.02), sleeping more than 8 hours per day (OR 0.46; 95 percent C.I : 0.29-0.74; P=0.01) showed statistically significant association with overweight. After adjusting for confounding effects Less physical activity done in weekends was detected as a risk factor (OR 2.17. 95 percent CI : 1.22-3.86) for overweight. Sleeping more than 8 hours per day was a protective factor (OR 0.46, 95 percent C.I 0.29-0.74) for overweight. Prevalence of overweight and obesity in grade five students, studying in schools of Gampaha MOH area were 11.34 percent and 2.16 percent. Prevalence was higher in private schools. Less physical activity done at weekends was a risk factor for overweight.