

## SUMMARY

Obesity is a physical condition that results from excessive storage of fat in the body which leads to increase BMI more than 25kg/m<sup>2</sup>. It is a chronic condition that affects more than one billion adult worldwide, and at least 300 million of them are clinically obese.

Ecological factors for obesity are both personal and environmental determinants, which include genetics, psychological and another factors related to behaviors like physical activity, life style, eating pattern and so on.

Serious co morbidities have been linked with obesity as diabetes mellitus, hypertension and cardiovascular diseases which may significantly interfere with social, occupational, psychological and physical functioning.

This study was designed aiming at identifying obesity among Benha secondary school female students and its impact on their QOL. And also to identify some risk factors that predispose to the occurrence of obesity and to determine the magnitude of the problems, its consequences and planning a comprehensive program for health promotion of students suffering for increasing weight to improve their social and academic performance.

This study includes 604 female students who were drawn from 3 schools in Benha city:

- Elshaimaa secondary school for females.
- Om Elmoaminin secondary school for females.
- Benha secondary school for females.

They represent different secondary school females in Benha city. They were interviewed with the use of a designed questionnaire comprised sociodemographic characteristics, data for evaluation of academic and social performance, obesity related symptoms comprised dietary habits, physical activity, indoor environment, diseases and medications.

Every student was subjected to measurement of weight, height to get BMI, waist and hip circumference.

Results revealed that the prevalence of overweight and obese among the studied students was 19.9% and 4.3% respectively, while 75.8% was normally weighted.

The studied students were classified according to age, residence and social classes. They were classified into urban (51.3%) and rural (48.7%) groups with no difference between overweight & obese and non obese in their residence.

It was found that 30.8% of overweight & obese students were from low classes while 26.7% of overweight & obese students who were from high class

There was significant difference between the percentages of normal weight students (1.3%) and that of overweight & obese students (4.1%) whose fathers are illiterate. There were no significant differences between the percentages of overweight & obese and normal weight students regarding employed and not employed parents

The majority of overweight & obese students had positive history of father, mother or both parents' obesity.

Only 19.2% of overweight & obese students had excellent score in dietary habits, while 42.5% and 6.8% had average and below average scores. The majority of them had the habit of excess sweet and sport drink consumption and these were probably the causes of their obesity.

77.4% of them ate at irregular times mainly outside the home (61.0%). Good appearance of food and pouring sensation were the major causes of excess eating.

Overweight & obese students were classified according to their exercise into mild, moderate and sever groups with percentage of 31.5%, 4.1% and 6.9% respectively, while 57.5% of overweight & obese were not practicing exercises. Means of transport and hours of sitting or sleep were considered other measures of activities.

Beck depression inventory scale classified overweight & obese students into mild, moderate and sever groups with percentage of 20.6%, 4.1% and 2.7% respectively, while 72.6% were with no depression. Psychological problems were the main diseases suffered by overweight & obese students (38.4%).

High percentages of overweight & obese were using appetite suppressant, corticosteroids and antidepressant drugs (17.8%, 6.2% and 3.4% respectively)

The relation between parents and overweight & obese students also was affected as percentage of overweight & obese students who sense that their mother, father continuously blaming them were 13.7% & 6.9% respectively.

The percentage of overweight & obese students who were quarreling with their peers and brothers were (4.1% & 20.6% respectively) and those who were refuse to play with them (15.1% & 10.9% respectively).

Higher percentages of over weight & obese students had their last degree as "50% - 64.9%" (52.1%) while higher percentages of normal weight students had their last degree as " $\geq 85\%$ " (15.3%). However, 1.4% of overweight & obese students was with previous history of school failure.

The majority of students who are categorized as overweight and obese (83.5%), show monthly absenteeism of more than one day and only 1.4% show no monthly absenteeism.

Hence, it could be concluded that obesity threatens females at different aspects of their life; cognitive, psychological and physical aspects. So, it is a must to design a comprehensive program to improve QOL of overweight & obese students.