

## SUMMARY

The problem of obesity is a maladjustment problem between students and their environment. Those students are at increased risk to develop behavioral, physical, social and educational problems. Hence it is a serious problem of public and governmental concern.

Subjective assessment of childhood obesity has been shown in both clinical practice and publications to be inadequate, and therefore we need to perform objective assessment.

Weight itself is an inadequate measure; so body mass index (BMI) has been shown in childhood not only to screen for excess fatness, but also to be the ideal measure for childhood obesity which meets the following criteria; the simplicity of the measure, the cost, ease of use, and acceptability to the subjects.

The present work was a cross-sectional study. It was carried on 500 students from primary school aged 6-12 years living in Kafer Saqr district-Sharqia governorate through the academic year 2011/2012.

The objectives of this study were to Determine the prevalence of overweight and obesity among primary school Children in Kafr saqr district-Sharqia Governorate and to identify the socio-demographic and some behavioral factor that govern the problem of obesity among primary school children to provide suitable recommendations for prevention overweight and obesity.

The data were collected by using A self-administered questionnaire was used; it included socio-demographic characteristics, dietary history, life style and measurements for weight and height of students. Data was collected, revised and entered using the statistical package SPSS.

The overall prevalence rate of overweight subjects was 34.2%. Moreover, it was for the obese subjects 24.4%. The distribution of the studied group regarding to the age (6-12) showed that the mean value for the normal weight subjects was  $9.40 \pm 1.733$  years,  $9.56 \pm 1.616$  years for the overweight subjects,  $9.49 \pm 1.759$  years for the obese subjects. prevalence of obesity among the studied group was 23.3% for males and 25.5% for females. Height of students affected their BMI more than their weight. It was found that about 31.2% of urban students were obese while only 17.6% of rural students were obese. It was found that the highest social group had significantly higher body mass index when compared with other group.

The current work revealed that increased sedentariness and decreased activity is associated with a higher risk of overweight and obesity.

Assessment of dietary patterns and nutritional intake showed that:

- Certain dietary habits are associated with increased risk of obesity. These included skipping the breakfast meal, eating more than three meals, snacking between meals and frequent intake of meals away from home.
- Certain energy dense foods were commonly consumed by the overweight and obese on regular basis.

Hence, it could be concluded from this study that obesity among primary school children is a prevalent problem in El-Sharqia governorate, with a tendency to badly affect the children, so, it is suggested that research efforts should focus more on this area with emphasis on intervention for prevention. This study recommended another researches should be done on larger sample size and more different places in El-Sharqia governorate and the other governorates to compare the results with each other.