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Outcomes of a Study for Measuring the Obesity Prevalence for Students at Al-Khobar City Schools, Eastern Province, Kingdom of Saudi Arabia – 2017

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Background and Objectives:

Method: Saudi Diabetes and Endocrine Association have measure BMI for male/female students to 20 schools (10 for males and 10 for females' including elementary, preparatory and secondary stages). The number of students enrolled in study were 6,171 (3,421 males and 2,750 females).

Result:

Body Weight Level	Elementary Stage Schools		Preparatory Stage Schools		Secondary Stage Schools	
	Male Students 1004	Female Students 559	Male Students 1423	Female Students 825	Male Students 759	Female Students 1286
Overweight/Obesity	5%	6%	31.5%	35%	36%	47%

Discussion and Conclusion:

1. There is a low rate of overweight/obesity (5% for male students and 6% for female students) among the students in the elementary schools' stage.
2. The overweight/obesity rate has increased in the preparatory schools' stage and reached 31.5% for males' students and 35% for females students.
3. The overweight/obesity rate has furtherly increases in the secondary schools' stage and reached 36% for males' students and 47% for females students.
4. An action plan was developed to limit the fatty and salty snacks in the schools' canteens with more of educational programs for students, their families and teachers about health and strategies to combat obesity among students in this Kingdom of Saudi Arabia including performing one hour of physical activity per day, and to limiting TV/screen times.