

Prevalence of obesity and overweight in students of Tehran University of medical sciences in 2015

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Abstract

Background & Aim: Obesity and being overweight are among the most important health threats in the current century. Students are among the people who are at high risk of obesity. Therefore, this study aimed to investigate the prevalence of obesity and overweight in students of Tehran University of Medical Sciences in 2015.

Methods: This cross-sectional study was conducted on 342 students living in the dormitory being selected through random cluster sampling. Data were collected using a researcher-made questionnaire, and height and weight measurements. For calculating obesity and overweight, the WHO criteria for body mass index (BMI) were used. Data were analyzed using SPSS 16.

Results: The prevalence of obesity and overweight in study subjects were 1.5 % and 15.2%, respectively. There was a significant relationship between gender and body mass index status variables in students ($p < 0.001$). Also, there was a significant difference between the indexes of overweight and smoking as well as between overweight and physical activity ($P < 0.05$).

Conclusion: Prevalence of overweight and obesity among students of Tehran University of medical sciences is at a high level. Therefore, it is recommended to implement preventive programs complying with diet and the taking of regular physical activity is essential.

Key word: Obesity, Overweight, Students, Tehran.