

عنوان مقاله:

The Prevalence of Obesity and Overweight in Iranian High School Students: A Systematic Review

محل انتشار:

فصلنامه تدارک دهندگان سلامت, دوره 1, شماره 1 (سال: 1401)

تعداد صفحات اصل مقاله: 11

نویسندگان:

Amer Yazdanparast - Assistant Professor of Pediatric Cardiology, Department of Pediatrics, Faculty of Medicine, Bushehr University of Medical Sciences, Bushehr, Iran

Rahim Vakili - Professor, Pediatric Endocrinologist, Mashhad University of Medical Sciences, Mashhad, Iran

Masumeh Saeidi - Department of Medical Education, Faculty of Medicine, Tehran University of Medical Sciences, Tehran, Iran

خلاصه مقاله:

Background: Obesity is a public health problem worldwide. Many non-invasive hub patients are affected by this. This study aimed to assess the prevalence of obesity and overweight in Iranian and high school students. Materials and Methods: In this systematic review, a systemic search of online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, CIVILICA, SID, Magiran, and Google Scholar search engine) was conducted for related studies with no time limit up to December ۲۰۲۱ using the related Mesh keywords. Two reviewers evaluated the quality of eligible studies and carried out the selection procedure. The quality of the data was evaluated using the STROBE positioning guidelines. Results: Finally, ۱۲ studies were included. The prevalence of overweight and obesity in students were ۲۰.۵% (ranged: ۲.۳-۲۰.۵%), and ۲۱% (ranged: ۶.۱-۲۱%), respectively. The highest prevalence of overweight and obesity was observed in students in Urmia and Yazd, respectively. There was a significant relationship between obesity and overweigh of students and birth weight, formula or breastfeeding, time of starting solid foods, family income, family history of obesity, parents' education, physical activity, time spent on TV and computer games, taking snacks, private school, and having rice during a week ($p < ۰.۰۵$). Conclusion: The prevalence of obesity and overweight was high among high school students in Urmia and Yazd, respectively. So, it seems necessary to inform students and families about the underlying factors of obesity, increasing physical activity, improving nutrition, and observing preventive interventions in adolescence.

کلمات کلیدی:

high school, Students, Iran, Obesity, Overweight

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1443281>



