

University Of Baghdad	
Alkindy College Of Medicine/ Research Module	
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Year :	2017-2018
Abstract	<p>Prevalence of obesity among the students of second stage of AL-Kindy college of medicine</p> <p>Context The prevalence of obesity and overweight increased in the Iraq between 2003 and 2016. More recent reports have suggested continued increases but are based on self-reported data.</p> <p>Objective To examine trends and prevalences of overweight (body mass index [BMI] ≥ 25) and obesity (BMI ≥ 30), using measured height and weight data.</p> <p>Design, Setting, and Participants Survey of 138 adult men and women conducted in 2016 as part of the National Health and Nutrition Examination Survey (NHANES), a nationally representative sample of the al-kindy college .</p> <p>Main Outcome Measure Age-adjusted prevalence of overweight, obesity, and extreme obesity compared with prior surveys, and sex-, age-, and race/ethnicity-specific estimates.</p> <p>Results The age-adjusted prevalence of over Wight obesity was 34.5% in 2016 compared with 22.9% in NHANES III . Extreme obesity (BMI ≥ 40) also increased significantly in the population, from 2.9% to 4.7% ($P = .002$). Although not all changes were statistically significant, increases occurred for both men and women in all age groups and. Among women, obesity and overweight prevalences were highest among student women. Eating habit 26% no breakfast,86% taking snacks ,23% taking dinner .</p> <p>Conclusions about 25% The increases in the prevalences of obesity and overweight previously observed continued in 2016. The potential health benefits from reduction in overweight and obesity are of considerable public health importance.</p>

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pervisor Name & Signature