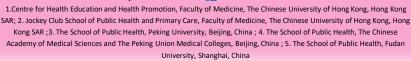
Prevalence and Associated Factors of Overweight in Chinese Adolescents: A Cross-sectional Study



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Background

- ➤ **Obesity** has been a global public health issue due to the increasing mortality rate and prevalence among children.
- ➤ The study aims to identify the risk factors of obesity among 4,884 primary and secondary school students by assessing
 - sociodemographic factors
 - · health-related behaviours
 - · social relationships



Methods

- Self-administrated survey distributed to
 - 30 primary schools
 - 25 secondary schools.
- Conducted descriptive analysis for
 - Prevalence of overweight among students.
- Separate binary regression models for
 - The association with the outcome variables (overweight)
 - The aforementioned factors
- Overweight is defined as over 120% of median weight-for-height local growth charts.

Conclusions

- There was a high prevalence of overweight among school children.
- Healthy lifestyle should be promoted to students and parents:
 - √ regular physical activity
 - √ consuming healthy food
 - √ eating breakfast regularly







Results



Prevalence of overweight:

Primary school: 17.3%

Secondary school: 16.8%

- Risk factors for primary school students: male (aOR: 2.55, 95% CI: 1.77-3.67, p<0.001), actively gamed (aOR: 1.64, 95% CI: 1.07-2.51, p=0.024), and reported the tendency to skip breakfast (aOR: 2.00, 95% CI: 1.32-3.03, p=0.001).
- Risk factors for secondary school students male (aOR: 1.61, 95% CI: 1.21-2.13, p=0.001), had poor self-perceived academic performance (aOR:1.51, 95% CI: 1.10-2.08, p=0.011), expressed higher life satisfaction (family) (aOR: 1.13, 95% CI: 1.01-1.26, p=0.032), and had a higher consumption of processed or preserved meat (aOR: 1.49, 95% CI: 1.06-2.11, p=0.023).