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Physical activity (PA) pattern in relation to overweight/obesity among adolescents in Mashhad, Iran

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Background: Obesity is increasing worldwide, reaching epidemic proportions. Besides, childhood obesity is a serious problem for increasing numbers of children around the world. Physical activity levels have declined as the incidence of obesity has increased. Physical activity can be both an antecedent and consequence of obesity. Physical activity is inversely related to overweight/obesity in both children and adults.

Methodology: This cross sectional study was conducted among 1189 urban secondary school children of both low and high socio-economic districts of Mashhad. 10 schools were overall selected among 501 schools via stratified sampling. The validated Physical Activity Questionnaire for Older Children (PAQ-C) was used in this research.

Findings: This study showed that 11.7% of adolescents were obese and 17.3% were overweight. It was found that more than half of adolescents (55.8%) were low physically active, 43.8% reported in moderate physical activity level, and only 0.4% were high physical activity. Physically active and physically inactive included 44.2% and 55.8% of adolescents, respectively. Physically active was little more prevalent among males (53.7%) than females (33.4%). Among overweight/obese adolescents, more than half of males (50.9%) and females (59.9%) were physically inactive. However, the relationship was not statistically significant.

Conclusion: Childhood obesity was a serious health problem in Mashhad. In this research physical activity difference between male and females was significant. The data confirms Iran MOH statistics.

Biography

Khosro Shafaghi has worked as a Lecturer in Kashan University of Medical Sciences in 1990. He also has been lecturer in Gonabad University of Medical Sciences from year 2000 up to present time. In 2007, his passion for community research inspired him to pursue a PhD degree of Community Nutrition, in Universiti Putra Malaysia. He has published several research papers in reputed journals and has presented his research studies in national, regional and international conferences. His current research interest is on overweight/obesity and dietary patterns in children and adolescents, Premier Bio-Soft service organization. He has published more than 25 papers in reputed journals and has been serving as an editorial board member of reputed.

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