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	Diploma
Thesis Title	Overweight and obesity among sample of preschool children in Baghdad 2016.
Year	2015-2016
Abstract	<p>Summary:</p> <p>Background: Childhood obesity is a serious public health problem with increasing prevalence worldwide, the result of complex interactions between genes, dietary intake, physical activity, and the environment. Currently the most important factors underlying the obesity epidemic are the current opportunities for energy intake coupled with limited energy expenditure. Overweight and obesity, as well as their related diseases are largely preventable. Prevention of childhood obesity therefore needs high priority.</p> <p>Aim of the study: The aim of the study was to determine proportion of overweight and obesity among preschool children (four – six years), and to recognize if there is any association between preschool children obesity & different variables which were grouped to those related to the parents, and those related to children.</p> <p>Methodology: A cross section study was conducted among 330 children. This study conducted in six primary health care centers of family medicine in Baghdad at both districts (Al- karkh and Al- Resafa). The participants were chosen with systemic random sampling. Data were collected by a self-structured (twenty items) questionnaire. All children included in the sample were examined for Weight and Height and BMI was calculated for each child. The questionnaire was filled by direct interview using Arab language form, Statistical analysis achieved by using Statistical Package for the Social Sciences with chi square test were P value \leq 0.05 was consider significant.</p> <p>Results: the proportion of overweight was (17%) and obesity was (10%), there was significant association was founded between overweight and/or obese children and gender, birth weight, type of feeding, mother job, education level of mother, family type, family history of obesity, watching television and small screen, eat in front of television , no. of meal, no. of snack, regular meal time, playing hours, and hours of sleeping, while there was no significant association with child age, marital status of parent, education level of father, father job, and eat with family.</p> <p>Conclusion: the proportion of overweight and obesity were high among the preschool children, which necessitate early intervention to prevent the early and late complication and focus on the real cause by real interaction between family, community and primary health sector.</p>