

Childhood Obesity in a Consultation of Two Health Care Center (HCC) in the Periphery of Sfax : Diagnosis and Future

Najoua Saafi¹ and Yosra Gaddour²

¹*Basic Healthcare Group of Sfax- Tunisia*

²*Basic Healthcare Group of Jbeniana- Tunisia*

Abstract

The group age 3 to 15 years old represent 20 % of the population in Tunisia. Each (HCC) have a consultation specifically designed to this age group within the farmework the National Mother and Child Health Program. To identify the incidence of obesity in this HCC we realize this cross-sectional survey of 122 children interviewed with on of their parents (122) attending two medical center in the periphery of Sfax (Ouled Ahmed ,Sidi Salah) each one with a population of about 4500. The incidence of obesity was 12.5%: 15.2% among girls and 8.1% among boys. The average BMI was 14.29kg/m². The average age was 7.56 years old. The proportion of children who spend more than 2 hours in front TV and/or internet was 65% and 38% more than 4 hours. However, 72% of the parents reports that their child are highly active liking race but 54% of obeses have no sportive activities. 31% have at least repeat a year but 53% of fat children have no grade repeat. 68% brough sweetes and 29% sandwiches as snack. The incidence of obesity increases with age from 4% at the prescolar age to 10% between 12 and 15. This survey shows the chidren's bad habits impliqued passivity of the parents in addition of sociocultural pressures. So It will be crucial in the success of the strategy of tackling child obesity to take care both the children and the parents.

Biography

Najoua SAAFI has completed his PhD in medical studies at the age of 27 years from Sousse University School of Medicin. She is a principal doctor in public health since 1999. She has published more than 10 posters in different conferences, focusing mainly on obesity in different age ranges including pre-schooled and elementary kids, adolescents and adults aging over 40, hypertention, diabetes and emergency.