

Is Overweight and Obesity a Threat to Students' Health?

Debrabant High School

Dismas Nelson Mlali and Lydia Yona Dumah



Abstract:

Overweight and obesity refer to excessive fat accumulation that may affect our health. Overweight and obesity are directly linked to a number of different diseases such as stroke, heart diseases, diabetes, hypertension and some cancers. Also different researches revealed that obesity causes more deaths world wide than infectious diseases. We took the trouble to visit three different secondary schools to test for the Body Mass Index of some students in those schools.

Our project planned to find out whether overweight and obesity pose a serious threat to students' health or not and suggest the ways of preventing overweight and obesity in our societies.



Method:

Materials used in this project:

Meter rule

Weighing scale/balance

Scientific calculator

Pen, pencil and note book

Procedure I

AIM: To investigate the Body Mass Index (BMI) of a person

The Body Mass Index (BMI) of a person can be obtained by dividing a person's mass in Kilogram (Kg) with the square of his/her height in meters(m).

Results:

Table 1: It shows how to interpret the results after testing the BMI of a person

Area Of The Project And Sample Size

The total respondents were 150 students from three different secondary schools; Debrabant, Saku and Chamazi each with 50 students chosen randomly and their Body Mass Index (BMI) were tested. The results from the experiment were as follows;

Debrabant High School.

5 students were underweight(10%), 28 students were healthy(normal)-(56%), 10 students were overweight(20%), 5 students were obese(10%) and 2 students were very obese(4%).

Saku Secondary School.

3 students were underweight(6%), 25 students were healthy(normal)-(50%), 13 students were overweight(26%), 7 students were obese(14%) and 2 students were very obese(4%).

Chamazi Secondary School.

4 students were underweight(8%), 26 students were healthy(normal)-(52%), 10 students were overweight(20%), 7 students were obese(14%) and 3 students were very obese(6%).

| BMI of a person in Kg/m ² | Body condition |
|--------------------------------------|----------------|
| Below 20 | Under weight |
| 20-25 | Health() |
| 25-30 | Over weight |
| 30-35 | Obese |
| Above 35 | Very obese |

| School | Under weight (%) | Healthy (normal) (%) | Over weight (%) | Obese (%) | Very obese (%) |
|-----------|------------------|----------------------|-----------------|-----------|----------------|
| Debrabant | 10 | 56 | 20 | 10 | 4 |
| Saku | 6 | 50 | 26 | 14 | 4 |
| Chamazi | 8 | 52 | 20 | 14 | 6 |

Figure 1. Shows Body Mass Index (BMI) of 50 students at Debrabant secondary school.

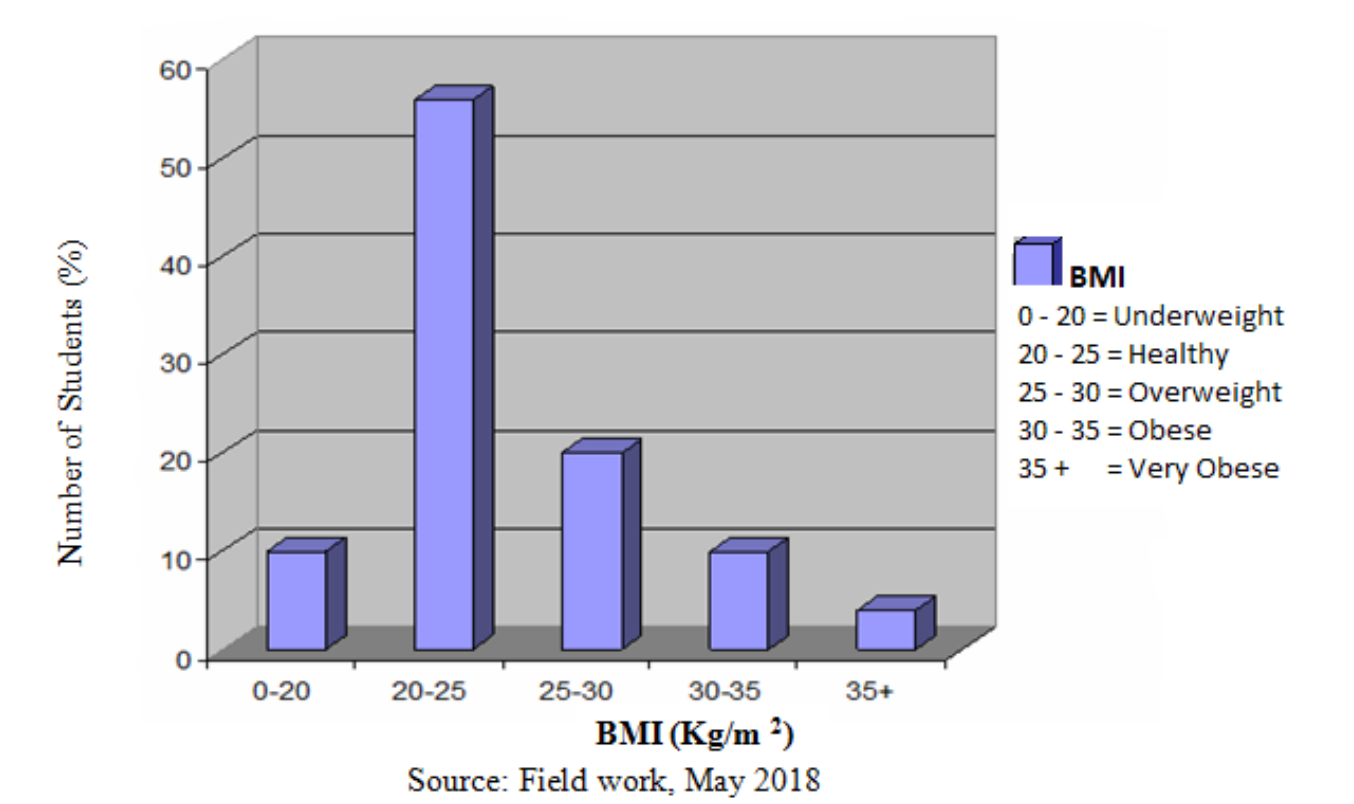
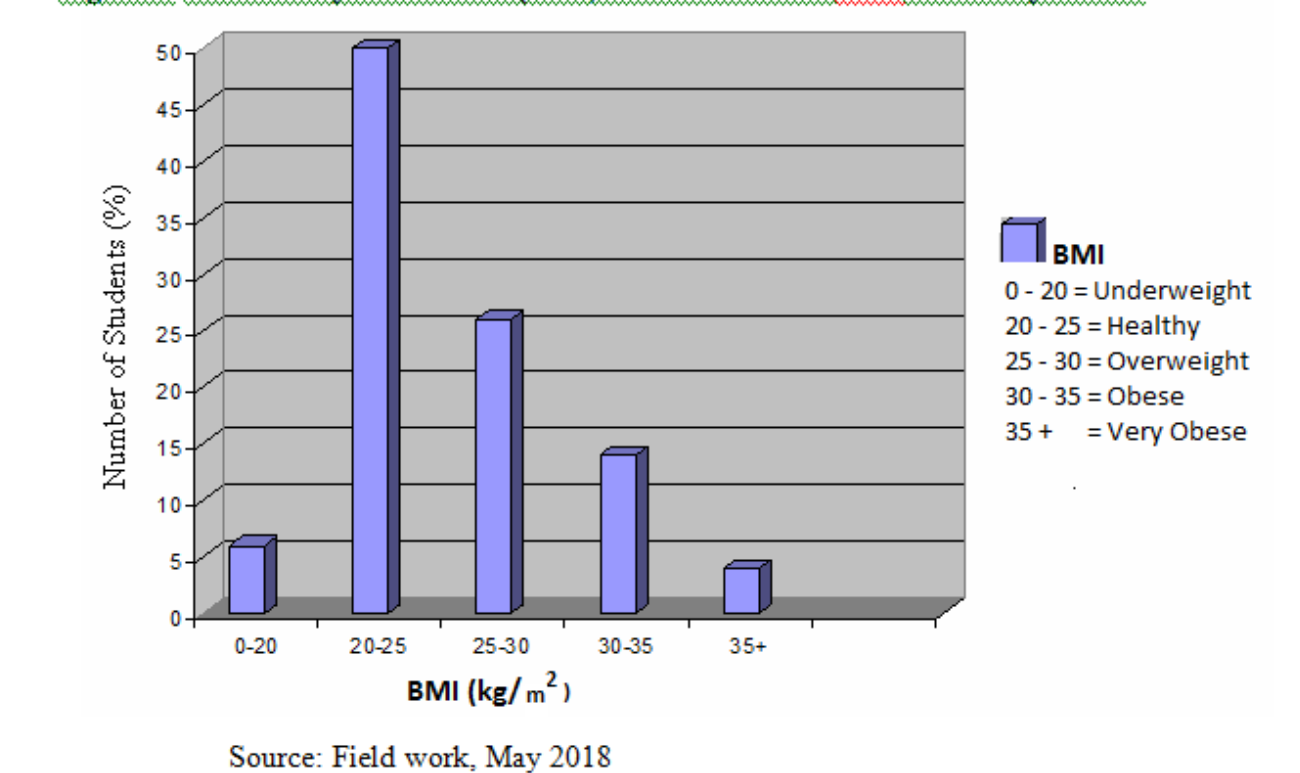


Figure 2. Shows Body Mass Index (BMD) of 50 students at Saku secondary school.



Conclusion:

By the end of this project the society should be able to eliminate or reduce the common health consequences of overweight and obesity such as stroke, heart diseases, diabetes and some cancers through the following ways:

Engage in regular physical activities.

Educate people on how to reduce obesity by limiting energy intake from total fat and sugar.

Increase consumption of vegetables and legumes.

Restrict marketing of foods high in sugar and fat.

Ensure the availability of health food choices.

Food processors should reduce the sugar and fat content of processed foods.

Overweight and obese people should visit near health centers and hospitals for advice and treatment incase of infections.

References:

School library and laboratory.

Health centers and hospitals.

www.google.com

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