

Childhood Obesity Surveillance Initiative (COSI) Georgia 2017

Childhood obesity is a major public health problem globally, with the potential to undermine progress towards achieving the SDGs. Prevention is recognized as the only feasible option for curbing the epidemic. Unhealthy diet, malnutrition and sedentary lifestyles are important causes of childhood obesity.

Childhood obesity is a multifactorial disease associated with a wide range of serious health and social consequences including a higher risk of premature death and disability in adulthood. Severe obesity in children is associated with immediate and long-term cardiovascular, metabolic and other negative health outcomes. When comparing overweight children to children with severe obesity, the latter have a much worse cardio-metabolic risk factor profile.

This study is the first that investigates the prevalence of severe obesity in school children in Georgia. Primary public and private school classes were randomly selected from the list of schools provided by Ministry of Education and Science. All children belonging to sampled classes are included in the study. This is a one-stage cluster sampling design with primary school classes as clusters. 4143 7 years old pupils participated in the study.

Anthropometric measurements such as height, weight, and waist and hip circumferences, were recorded. The pupils were also asked about their physical activity and dietary habits. The school environment data included the number of physical education lessons per week and the opportunities for attending sports activities, as well as information about the foods and beverages available to the pupils, and health promoting activities and projects organized in the school.

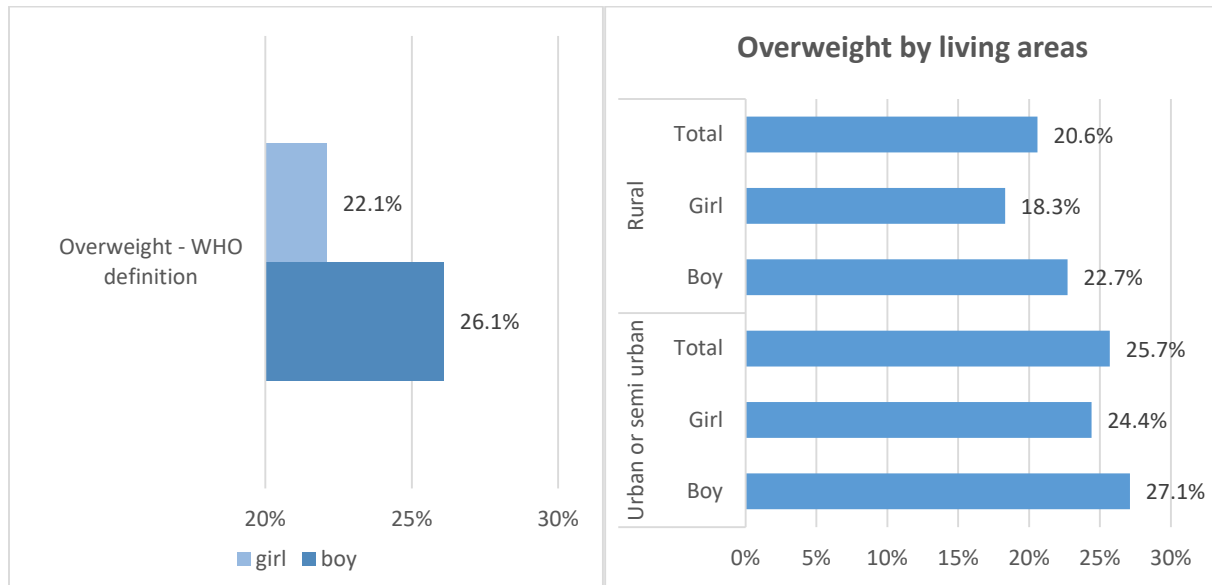
Sampling

	Boys	Girls	Total
Number of children enrolled in selected schools	2019	2124	4143
Number of measured children	1723	1620	3343
Number of children belonging to target age groups (7-year-olds)	1451	1376	2827
Families participation rate	83%	74%	78%

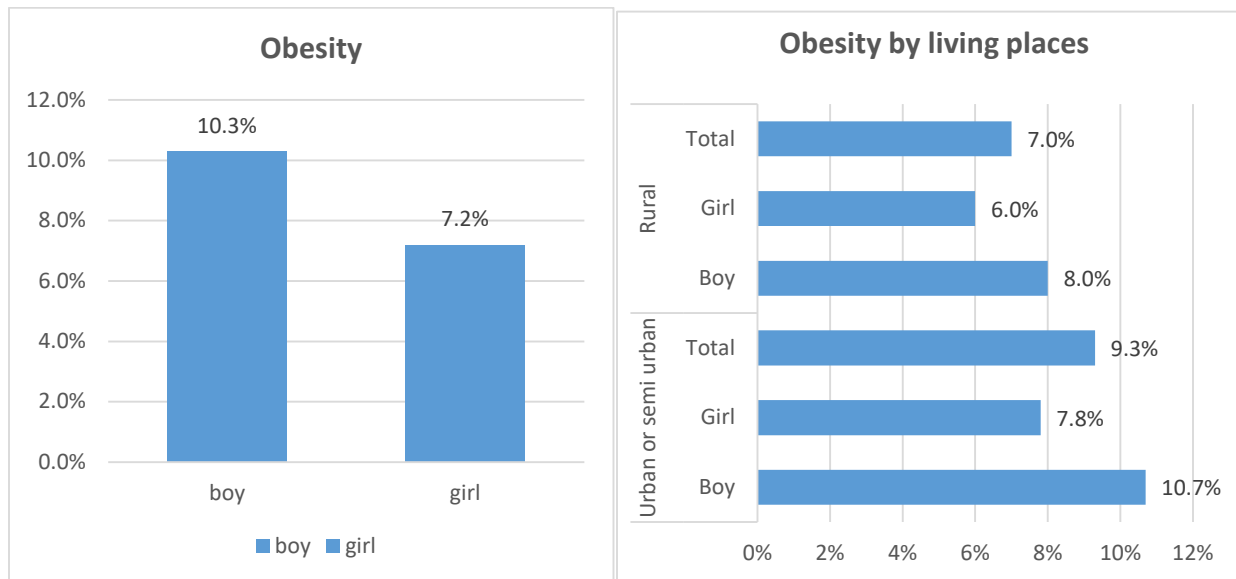
Nationally representative study was done in spring 2017

Results

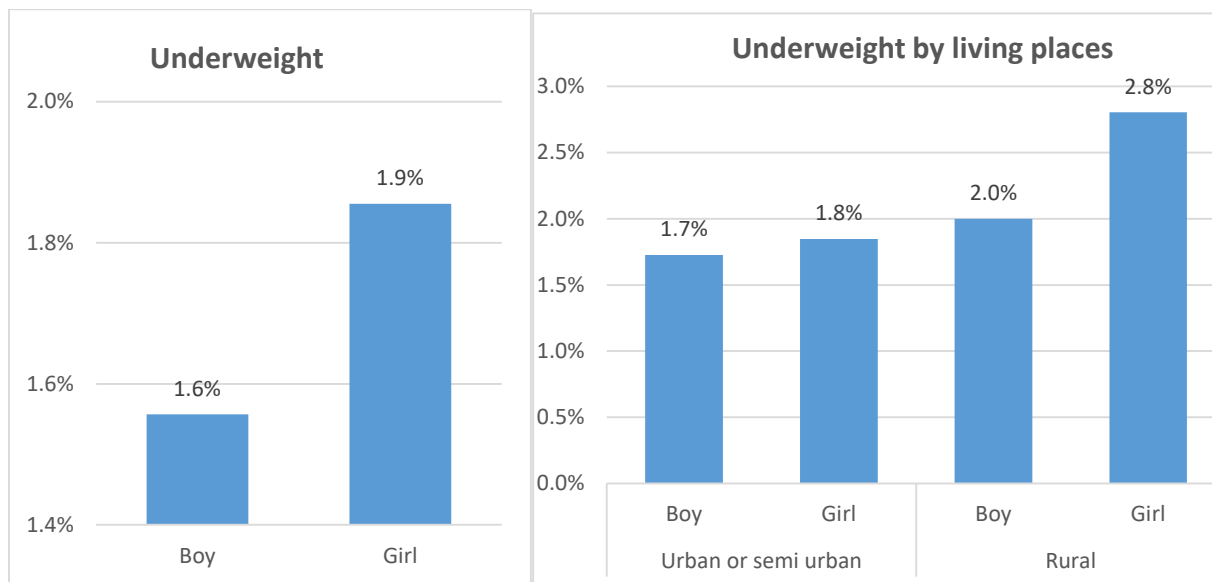
Prevalence of Overweight Based on WHO Growth Curves among children aged 7 years



Prevalence of Obesity Based on WHO Growth Curves among children aged 7 years



Prevalence of Underweight Based on WHO Growth Curves among children aged 7 years



Prevalence of Stunting Based on WHO Growth Curves among children aged 7 years

