

Joint Event

19<sup>th</sup> International conference on  
**Advances in Natural Medicines,  
Nutraceuticals & Neurocognition**

23<sup>rd</sup> World Congress on  
**Medicinal Chemistry and Drug Design**

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Webinar

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## **Prevalence and indications of preschooler obesity in Libya: Anthropometry assessment base**

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**Background:** The rapid increase in prevalence of obesity in world during the last 25 years demonstrates the potent effect of environment on adiposity, especially in genetically susceptible of individuals and populations.

**Objectives:** This study to investigate prevalence of preschooler's obesity throughout anthropometric measurements and family history at Misurata.

**Materials and methods:** The cross sectional study was performed on 150 preschoolers, where selected randomly during April up to June 2021. The study data were collected using interview and anthropometric measurements during the survey. These were focused on socio-demography, anthropometry measurements and medical history.

**Result:** The results revealed that, majority of participants fall within age 48-66 months, 60% male and 40%, While 5% and 11% of participants were low birth weight and preterm respectively. Measurements of Body Mass Index (BMI) indicated that, 34% of participants were obese, 18% of participants were overweight, whereas Weight for Age (WFA) indicated that, 56% and 17% of participants were obese and overweight respectively. In addition, the survey indicated that 21% of participants had chronic illness. The result revealed that a significantly positive correlation ( $P \leq 0.05$ ) of BMI with WFA, gestation period and birth weight, When, a significantly negative correlation ( $P \leq 0.05$ ) of gender with waist circumference and BMI.

**Conclusion:** The study concluded that the high prevalence of obesity and overweight would be threatening child health and development, unless therapeutic lifestyle should be practiced through intervention program. The appropriate nutrition education must be targeted children and their family, this is to enhance improve nutrition patterns and health status of preschoolers.

**Keywords:** Obesity, Preschooler, Misurata, Anthropometry, Indications.

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### Biography

Ayman Balla Mustafa Yassien graduated in University of Juba, thereafter awarded M.Sc. and PhD in Nutrition and Dairy Nutrition from University of Khartoum, Sudan. He served as Lecturer of Nutrition Sciences, College of Rural Development and Community Studies, University of Juba then assist professor in Faculty of Veterinary Medicine, Butana University. Now, he is working assistant professor in Misurata University, Libya. He participated in many international conferences, workshop and symposia in nutrition and camel milk area. He has published many research articles in international platforms and journals in addition two books were published through Lambert academic publishing, German. He is also serving as reviewer and editor for some indexed and peer-reviewed journals. He is member Australia Society for Nutrition, International Society of Camelides Researches and Development ([www.ISOCARD.net](http://www.ISOCARD.net)) and International Society of Animal Genetic.

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