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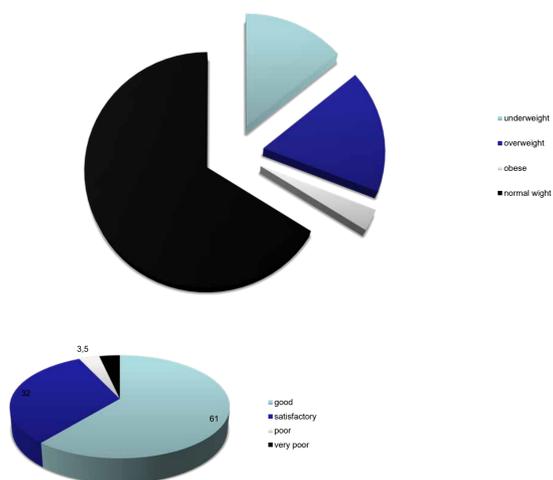
## OBJECTIVES

Examine prevalence of overweight and obesity rate and fitness levels among students of Tashkent Pediatric Medical Institute.

## METHODS

We examined 28 medical students (8 males and 20 females) with mean age  $23 \pm 1.6$  and  $22 \pm 1.9$  years old respectively: checked their BMI, waist circumference, blood pressure, and also performed fitness test with checking heart rate before and after 20 squats. Heart rate increase percentage of less than 20 referred for excellent, 21-40 – good, 41-65 satisfactory, 66-75 poor, 76 and above – very poor fitness levels.

Graphs and tables



## RESULTS

14% of students were underweight (BMI less than 18 kg/m<sup>2</sup>), 66% of students had normal weight (BMI 18-25 kg/m<sup>2</sup>), 17% overweight (25-29.9 kg/m<sup>2</sup>), 3% obese (over 30 kg/m<sup>2</sup>). 61% of students showed good, 32% had satisfactory, 3.5% poor and 3.5% very poor levels of physical activity. 20% of overweight students were in very poor physical condition, while 25% of underweight students showed satisfactory fitness level

## CONCLUSIONS

Obesity rate among students is 3%, but overall rate together with overweight is 20%. Among overweight students 20% were in very poor physical condition.