

## **Nutritional Transition: A Cause of Concern for Obesity Among Students of Bukiriyah City, Saudi Arabia**

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### **ABSTRACT**

**The prevalence of overweight (21.8-23%) and obesity (7015.7%) among male students is reportedly high in Saudi Arabia. Hence, there is felt need to assess percentage of overweight students also in Qassim region prior to intervention. A cross sectional study was carried out during October 2014 to September 2015 to find out prevalence of obesity among students of public health and to understand their dietary habits associated with obesity. All 202 students studying in college of Public Health & Health Informatics at Bukiriyah, in Qassim province of Saudi Arabia were interviewed using a structured and pretested questionnaire. The normal weight, overweight and underweight students were 47.03%, 45.05% and 7.92% respectively. Eighty percent were overweight among those aged above 23 years. This is approximately double of percentage of overweight students in the other two age groups. Consumption of fruits and fruit juice was higher in normal weight and overweight students, but lower in underweight students. A low vegetable and fruit intake along with higher intake of coke, tea, coffee, pizza and burger were noted as common eating habits of the students. There is urgent need to reduce the prevalence of overweight and obesity among college students, and to promote healthy eating habits and physical activities.**