**Obesity and Overweight Among Female Secondary School Students, A Cross Sectional Study at Basrah-Iraq**

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**Abstract**

**Background:** Obesity is a disease process associated with the development of serious medical complications, Various studies indicate that this issue is particularly prevalent in both developed and developing countries, with factors such as poor dietary habits, lack of physical activity, and socio-economic influences contributing to the rise in obesity rates. Adolescent obesity is thought to be associated with some psychological problems like low self-esteem, feeling of inadequacy, anxiety, social dysfunction, depression and moodiness. The objective of this study was to estimate the prevalence of overweight and obesity among female secondary school students in Basrah city.

**Methods:** A descriptive cross-sectional involving 200 from female secondary school students, the study start from the first of November 2024 to the first of May 2025, a designed form was used for the purpose of the study that was displayed to teachers in the College of Medicine and College of Nursing as expert to take their opinions and advices, statistical analysis was made by using SPSS version 26, the statistical measures were in form of means, standard deviation, frequencies, percentages, and person correlation.

**Results:** The study showed that 19% of the students were 16 years, 26.5% of the students were in the fourth stage, 47% of the study sample were within the height interval of 149 – 158 cm, 34% of the sample were within the weight interval of 47-56 kg, 37.5% of the sample were within the BMI interval of 19-22**,** 55% of the samples were within normal interval.

**Conclusions**: The prevalence of overweight and obesity among female secondary school students was between (9.5% -21%). The study showed prevalence of overweigh among students higher than the prevalence of obesity, the variables weight and BMI showed there was no significant correlation with age, also there was no significant correlation between height and weight. There is a significant correlation between age and height.