

# The 3<sup>rd</sup> International Medical Conference – An-Najah National University



## **ABSTRACT FORMAT**

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**Title:** Nutritional status for adolescents in schools in Palestine (special findings through National Nutrition Surveillance System).

### ***Purpose:***

The main purpose of the report is to provide national figures to describe the nutrition status for the adolescents among schoolchildren yearly. The hypothesis was: are the adolescents among schoolchildren have a good nutrition status according to the WHO growth standards? The expected results will highlight the national nutrition status of the adolescents among schoolchildren for the first time in yearly based figures.

### ***Methods:***

National Nutrition Surveillance System (NNSS) was used as a tool for gathering the data, data entry, data cleaning, data analysis, and result interpreting.

The data was collected from 270 schools in West Bank and Gaza Strip (260 government, 10 private Schools and no UNRWA schools since they do not have 10<sup>th</sup>-grade schools) that contain the grade 10. These schools have unified anthropometric measuring equipment, data collection form and staff training, and were selected according to the PCBS formula. The sample size was 2,683 students (2,039 Females and 1,692 Males).

Data gathering was done using a unified form that was designed on national levels through the Nutrition technical committee. The form was filled by health supervisors in schools. All hard copies were transferred to nutrition department, in which all data was entered on excel sheet. The data was cleaned using special programs these designed by nutrition department.

The data was analyzed using special programs these designed by nutrition department

depending Athro 2009 soft ware.

***Results/findings:***

The palpable goiter prevalence was 2.7%, visible goiter 0.2%, Anemia 10.1%, underweight (Wt/Age) 5.8%, Stunting Wt/Ht)14.7%, wasting (BMI/age) 2.8%, overweight (BMI/age) 17%, Obesity (BMI/age) 5.8%.

For food intake among schoolchildren adolescents, the home breakfast prevalence was 60.4%, food intake at school 88.3%, no home breakfast neither food intake at school 7.2%, meal intake 10.1%, candy intake 32.9%, chips 44.9%, sandwich intake 71.9%, fruits 36.1% and fortified food 26.7%.

***Conclusions:***

The results indicate a satisfied nutrition status among schoolchildren adolescents in Palestine, but some nutritional indicators is giving an alarm for further deterioration like anemia 10.1%, stunting 14.7%, overweight 17% and no home breakfast neither food intake at school 7.2%. the schoolchildren adolescents need further nutrition education and attention.