

Investigation of the association between socio-economic status and childhood obesity after the covid-19 prevalence in Ardabil

Abstract

Background:Socio-economic factors include the occupation, income, education level, social class of the family members and studies have shown that these factors can affect people's health, disease and obesity.

Aim:The aim of this study was to investigate the relationship between socioeconomic status and obesity in children in the period after the outbreak of Covid-19 in Ardabil.

Materials and methods:Children's general information including age, gender, family income level, number of family members, mother's education, father's education, father's occupation and mother's occupation were collected using a questionnaire. Children's weight and height were recorded, and children's BMI was entered into the checklist according to the formula of weight/height squared (in kilograms per square meter). After the data is collected, it is entered into the statistical software and analyzed.

Results:Two hundred and seventy four children aged 6-11 years old in Ardabil schools participated in this study, 231 (84.3%) were normal weight, 30 (10.9%) were overweight and 13 (4.8%) were obese. The average age of participants with normal weight was 8.49 ± 1.76 , overweight participants 8.36 ± 1.88 and obese children was 9.15 ± 1.46 years. Children of different groups did not differ significantly in terms of age ($P=0.378$), income ($P=0.473$), number of family members ($P=0.473$) and gender ($P=0.723$), but in terms of father's education ($P=0.034$), mother's education ($P=0.048$), mother's occupation ($P=0.042$) and father's occupation ($P=0.048$) there was a significant difference between obesity status groups; Children with more weight had fathers and mothers with a lower level of education, and also in families where mothers were housewives and fathers were self-employed, the number of children with normal weight was more.

Conclusion:The parents' education level and their occupation could be the determinants of obesity in Ardabil children. There is a need for more cohort studies to confirm this association.

Key words: Socio-economic status, weight, body mass index, obesity, Ardabil children