

## **Exploring fayoum (Upper Egypt) preparatory school students' and teachers' attitude towards obesity as health risk**

Childhood obesity is a serious non-communicable public health problem with negative physical, social, and mental health consequences. Factors contributing to childhood obesity are school nutrition, excessive snacks, fast food, lack of physical activity and family behavior. The objective of this study is to explore Fayoum preparatory of school students' and teacher's attitude concerning obesity and healthy nutritional behavior and investigating readiness of teachers to attain an active role in student's nutritional education. This was a cross sectional descriptive study implemented in three preparatory schools of Fayoum district. Multistage stratified sample of 990 students, attending first, second and third grades. In each school, two classes were randomly selected from each grade, students interviewed for filling a structured questionnaire and anthropometric measurements were taken. Teaching staff at the schools (48) shared in four focus group discussions. More girls were reported in the overweight and obese category. Almost half of the students knew the proper food for their age. 62.1% of them consumed meals in front of the TV and 44.9% ate fast foods. The majority of both students and teachers agreed that physical activity and diet controls were the main control measures of obesity. 70.8% of teachers agreed that they should have an active role in obesity prevention. It was clear that Fayoum students had some nutritional knowledge but there was a defect in practice. Effective communication and collaboration among school and home offers the possibility of improving the quality of life and reducing the health care costs.

**Key words:** Childhood obesity, nutritional behavioral, teachers role.