



## Evaluation of the role of weight and obesity control plan for female students (Koch), on body mass index (BMI) during coronavirus pandemic

### Poster Presentation

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### Abstract

**Introduction:** Coronavirus 2019 (Covid-19); It was discovered on December 31, 2019 in Wuhan Province, China. In a short period of time, the disease caused by the new coronavirus (Covid-19) spread from China to other countries and faced the people of the world with various health, economic, social and political problems. Symptoms initially include fever, dry cough, shortness of breath, and muscle aches. Mandatory guidelines restricting outdoor activities will inevitably disrupt children's daily routines, including regular physical activity and exercise. This increases the risk of overweight or obesity in children already predisposed to weight gain (1).

**Methods:** This study is a quasi-experimental study with pre-test and post-test. The study population is all high school students. The statistical sample also includes 120 students studying in High School. In order to evaluate the level of weight gain in students, we studied the BMI in this project.

**Results:** To examine the weight and obesity control plan of tenth grade experimental students, first the normality of the data was determined using Kolmogorov-Smirnov test and then correlated t-test was recruited to evaluate pre-test and post-test changes. We did not observe any significant change ( $P = 0.065$ ).

**Conclusion:** According to the World Health Organization, children aged 5 to 14 should have at least 60 minutes of moderate to vigorous physical activity daily. Lack of physical activity during this period will increase the risk of non-communicable diseases, which is currently the fourth leading cause of death worldwide. Health-promoting interventions for individuals should begin very early in childhood and adolescence. Numerous health benefits of physical activity during this period can manifest themselves in adulthood and old age. Today, however, inactive daily life is prevalent in childhood and adolescence (2).

### Keywords

exercise; BMI; children obesity; Corona-virus

### Reference:

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