

## **OVERWEIGHT AND OBESITY AMONG HIGH SCHOOL LEARNERS IN BUJUMBURA**

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### **ABSTRACT**

*On the worldwide level, obesity and overweight are increasing but with great variation between and within countries. In very low-income countries like Burundi, obesity and overweight are hindered by the high level of malnutrition. The present study aimed to evaluate overweight and obesity among high school learners in Bujumbura (Capital city of Burundi). Height and Weight were measured, waist circumference, BMI-for-age Z-score, waist-to height ratio Z-score, weight-for-age Z-score, height-for-age Z-score were calculated. Based on BMI-for-age Z-score, results showed 8.88% of obese person among participants. For overweight situation, using weight-for-age Z-score, results of measures indicated 8.51% of overweight student among our participant. Results showed 5.18% of participant who were underweight.*