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**Factors associated with obesity among adolescent girls from lebanon**

**Vera Matta**

Sweet Diet Clinic, Lebanon

**Background:** Obesity is an emerging public health problem in lebanon and in the whole world too. It is considered one of the death factors worldwide. Alarming rates of overweight and obesity have been rising progressively in Lebanon especially among adolescents.

**Aims:** To determine the dietary and lifestyle factors associated with general obesity among adolescents, a cross sectional survey was conducted including a representative sample of 300 lebanese adolescent girls .

**Methods:** Data were collected using a standardised questionnaire to determine sociodemographic characteristics, dietary patterns and physical inactivity. Body mass index (BMI) was evaluated using the center of disease control BMI for age percentiles. Multiple logistic regression analysis revealed that skipping breakfast and physical inactivity were the most significant reason for the rising obesity among this age group. Several awareness steps should be taken in order to limit rates of obesity.

**Biography**

Vera Matta is a Clinical dietitian with more than 7 years of practice, consultant for many food companies, researcher in health ,lecturer in different congresses worldwide, owner of sweet diet clinic Lebanon. She earned her master and PhD degree in nutrition psychotherapy and currently completing her second PhD in clinical nutrition.

sweetdiet22@yahoo.com