

**ASSOCIATION BETWEEN LIFESTYLE BEHAVIORS  
AND ANTHROPOMETRIC STATUS OF MIDDLE  
SCHOOL STUDENTS FROM  
BASIC EDUCATION MIDDLE AND HIGH SCHOOLS AT  
LANMADAW TOWNSHIP, YANGON,  
MYANMAR**

**NYI NYI ZAW**

**M.B.,B.S**

**Master of Public Health (MPH)  
University of Public Health, Yangon**

**2019**

## ABSTRACT

This study was a school based cross-sectional descriptive study conducted to determine the association between lifestyle behaviors and anthropometric status among the middle school students in Landamdaw Township, Yangon, in the 2019 academic year. Among 339 middle and high school students which were selected proportionately from the selected schools. majority of school students (85.8%) were within normal BMI, (8.3%) were wasting, and (5.9%) were overweight, regarding in height for age (HFA), one fourth (25.7%) were stunting in this study. According to the results, stunting was more prevalence than overweight and wasting while boys were more stunting ( $P=0.01$ ) among the school students of age between 10-16 years of Lanmadaw Township. There was association between education grades and stunting in which grade (6) and (9) were more stunting than grade (7) and (8), ( $P= 0.001$ ). Most school students (69.6%) of age between 10 to 13 years did not met the recommended daily sleeping hours while (41.3%), school students of age between 14 to 16 years did not met the recommended daily sleeping hours according to 24 hours' Canadian movement guideline. Nearly two third (64%) of children did eat vegetables and fruits while nearly half of them (46.6%) did take fast foods and (51.9%) of them consumed soft drinks to their daily meals. About two third (67.8%) of school children were doing exercises, (73.3%) were attending physical education classes three times per week and (71.3%) had family times at least (1-3) hours every day. In sedentary lifestyle behaviors like screen times, most of the study children did use less than 2 hours in various types of screen time like television watching, games playing, hand phone and computer use. In conclusion, although wasting and overweight prevalence were not much high, stunting was high among the study population, therefore it needs to provide effective nutrition intervention such as school based nutrition programs, high quality complementary foods, appropriate micronutrients intervention and other nutritional promoting activities will be needed. Selling of soft drink in school should be taken under the guidance of school health team as healthy school canteen.