|  |
| --- |
| **Prevalence of risk factors for adolescent obesity in Eswatini** |
| **Background/Objectives**  Due to the rapid increase in overweight and obesity prevalence over the past three decades and the serious health consequences, obesity is commonly considered one of the most serious health challenges of the early 21st century. This study was conducted to determine the prevalence of risk factors of obesity among high school students aged 13 to 17 years in Swaziland  **Methods**  A cross sectional descriptive school based national survey was conducted among students in forms 1 to 5. A two-stage cluster sample design was used to produce data representative of all students in Forms 1-5 in Swaziland.  **Results**  A total of 3, 680 students from 25 schools took part in the survey. About 16% of the students were found to be overweight and 4% were obese. About two thirds (64%) did not consume adequate amounts of fruits and about 85% did not consume adequate vegetables. A total of 41% of the students consumed carbonated soft drinks more than once day. A total of 40 % of the students were never taught the benefits of healthy eating and 45% were never taught the benefits of eating more fruits and vegetables in their classes.  **Discussion**  The study presents the latest prevalence of obesity, eating behaviours and access to health information at school. Policies to support improvements in diet and sustainable interventions within the context of schools, families, communities and food environments are needed for all young people  **Keywords**  non communicable diseases; unhealthy diet; school health |