



**“Obesity and Overweight, Eating Habits, Inactivity  
and Sedentary Behaviors among Jordanian  
University Students”**

**By**

**Issa Saeed Issa Aladarbeh**

**Supervisor: Prof. Samiha Jarrah**

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**Abstract**

**Background:** The global prevalence of overweight and obesity has been increasing rapidly among all groups, in both developed and developing countries and among adults, adolescents and children, regardless of gender, becoming a global epidemic.

**Aim:** this study assesses the prevalence of overweight and obesity in relation to physical inactivity, sedentary behaviors and dietary habits among Jordanian universities students to examine the relationship between these factors and to examine differences among these variables according to demographic characteristics.

**Methods:** A cross-sectional study was conducted on a convenient sample consisted of 400 students (170 males and 230 females), aged 18-23 years. Data were collected during the period between February and March 2016. Participants were asked to fill in a questionnaire. Measurements included weight, height and Body Mass Index (BMI), using a validated questionnaire.

**Results:** The majority of the sampled students (69.3%) were of normal weight. The prevalence rates of overweight and obesity among students from both universities were 18.8% and 4.5% respectively. Overweight and obesity were more common among male students compared to females (20% and 6.5% vs. 17.8% and 3% respectively).

**Conclusion:** This study has important implications for health promotion and disease prevention programs directed at university students in Jordan and neighboring countries, signaling the need for national educational programs promoting the consumption of healthy eating, decreasing sedentary behaviors and decreasing physical inactivity to reduce the tendency of overweight and obesity among children, adolescents and adults as well as university students in Jordan.

**Keywords:** Obesity, Overweight, Eating habits, Physical inactivity, sedentary behaviors, University students, Jordan.

