Risk factors of the obesity among male and female between 15 and 25 years old in Dammam City

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Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health, leading to reduced life expectancy and/or increased health problems .the widely used method considered to be objective in classifying obesity is the Body Mass Index (BMI). A person's BMI is calculated by determining the weight in kilograms, then dividing it with the square of the height in meters. Medical guidelines have specified the range for a normal BMI to be between 18.5–24.9kg/m2, and overweight as being between 25.0 - 29.9 kg/m2. On the extreme end is the obese which is classified as over or equal to 30kg/m2.

The rationale of the researchers for writing about this topic is coming from the serious complications of obesity as well as 70% of Saudis are suffers from obesity and the highly mortality rate that exceed 20,000 per year due to complications of the obesity in KSA and the highly cost that spent from Saudi government that exceed about 19 billion Saudi riyals annually on the treatment of obesity and its complications .

Course Materials:
This study is community based on that will be conducted in Dammam City.
It is a descriptive, case series study. Including, quantitative research approaches.
This study will be focus on both males and females those whom their ages between 15 and 25 years, and they are obese .
Tools of data collection collected by questionnaire.
Data analysis done by SPSS program.
Non-probability sampling include selective and purposive, sample size are 433.

Results:
(87.5%) of samples were with sedentary life style , in compare to (12.5%) who have an active jobs.
(63,46%) of samples do not perform exercise at all and only (7,33%) of samples perform exercise per day .
(62,5) eat 3 or more meals per day and (74,24%) eat at least one fatty meal week in compare to(3,41%) who did not eat fatty meals at all.(55,66%) eat high sugar food per day in compare to (1,14%) who did not eat sugar food at all .

Finally, obesity is associated with over-nutrition, low physical activity, change of dietary habits, the socioeconomic class, high calorie intake, high consumption of fatty meats and oily foods. Results confirm many weak points need intervention and many good points need support.