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# The associated risk factors for underweight and overweight high school students in Cambodia

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## Highlights of the study

- Out of 3,806 students (mean ag=15.65 years, SD=1.80, age range=11-18 years) 47.4 % and 2.3% were underweight and overweight respectively.
- Both underweight and overweight students were vulnerable to substance use, feeling depressed, and violent behaviors.
- Sleep deficiency was prevalent for underweight students while feeling lonely and suicide attempts were the critical risks for overweight students.
- The daily fruit/vegetable consumption and physical activity were protective factors against underweight and overweight epidemics.

## Abstract

**Purpose:** Overweight and underweight are one of the leading risk factors for non-communicable diseases (NCDs), but little research on this area has been undertaken in Cambodia. Therefore, this study aimed to measure underweight and overweight and their associated risk behaviors among Cambodian high school students.

**Methods:** 3,806 students (mean ag=15.65 years, SD=1.80, age range=11-18 years) from the 2013 Cambodia-Global School-based Student Health Survey were used to yield representative samples of the Cambodian students. Body Mass Index (BMI) was assessed by students' self-reported height and weight. The substance use, depression, eating behaviors, suicidal ideation, and violence were examined as risk factors. The Chi-square and multinomial regressions were performed to assess the relationships between risk factors and BMI.

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