
Ning Dai, Li Tian, Tao Tao Tongda Li, Tianmiao Tang, Ying Sheng, Xiao Qian Lu, Xue Tang, Baozhen Peng, Wei Lu, Yuelong Jin, Lianping He and Yingshui Yao

School of Public Health, Wannan Medical College, Wuhu, Anhui 241002 China.

Abstract

Background: In recent years, obesity was a major public health problem in many countries. It was estimated that 8% of their children are obese. However, little is known about the overall prevalence of obesity among secondary students in China, the aim of this study was to evaluate the overall obesity prevalence of student from Chinese secondary school.

Methods: Publications from 2009 to 2014 on the obesity prevalence among secondary school students in China were retrieved from PubMed, online Chinese periodical full-text databases of VIP, CNKI and Wan fang. Meta Analyst was used analyze the total rates of obesity for Chinese secondary school.

Results: After evaluation of the quality of the articles, 32 papers were finally included in our study, and the total sample sizes on the obesity investigation were 218317 (107631 male and 110686 female), in which 27455 (14865 male and 12590 female) were obesity. Meta-analyst findings showed that the pooled prevalence of obesity in secondary school students are 8.4% (95% CI: 6.2%-11.3%) and 4.8% (95% CI: 3.2%-7.2%) for boy and girl respectively.

Conclusion: Our results suggest that school and government related department should pay more attention to the obesity among secondary school students in China, and take some properly measures should to curve the trend growth of obesity.

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Key words: Secondary school students, Obesity. Prevalence. Meta-analysis.

Correspondence: Yingshui Yao and Lianping He,
School of Public Health, Wannan Medical College.
No.22 Road Wenchangxi, Yijiang district, Wuhu, Anhui, 241002 China.
E-mail: yingshuiyao@163.com and lianpinghe@126.com
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Ning Dai and Li Tian contributed equally to this work

LA PREVALENCIA DE LA OBESIDAD ENTRE LOS ALUMNOS DE SECUNDARIA A PARTIR DE 2009 A 2014 EN CHINA: UN META-ANALISIS

Resumen

Antecedentes: En los últimos años, la obesidad es un importante problema de salud pública en muchos países. Se calcula que el 8% de los niños son obesos. Sin embargo, poco se sabe acerca de la prevalencia de la obesidad entre los alumnos de secundaria en China, el objetivo de este estudio fue evaluar la prevalencia de la obesidad en general chino, estudiante de la escuela secundaria.

Métodos: Publicaciones de 2009 a 2014 en la prevalencia de obesidad entre los estudiantes de la escuela secundaria en China fueron recuperadas de PubMed, Online Chinese periódico de bases de datos de texto completo de VIP, CNKI y Wan Fang. Analista del meta fue utilizado analizar el total de las tasas de obesidad para chinos de la escuela secundaria.

Resultados: Después de la evaluación de la calidad de los artículos, 33 papeles fueron finalmente incluidos en nuestro estudio, y el total de los tamaños de muestra sobre la obesidad investigación fueron 218317 (107631 macho y 110686 hembra), en la que 27455 (14863 macho y 12590 mujeres) fueron la obesidad. Los resultados mostraron que el analista del meta la prevalencia de la obesidad en estudiantes de secundaria son 8.4% (IC del 95%: 6.2 %-11.3%) y 4.8% (IC del 95%: 3.2 %-7.2%) para chico y chica, respectivamente.

Conclusión: Nuestros resultados sugieren que la escuela y Gobierno related Departamento debería prestar más atención a la obesidad entre los estudiantes de la escuela secundaria en China, y tomar algunas medidas adecuadamente a la curva de la tendencia de crecimiento de la obesidad.

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Palabras clave: Estudiantes de secundaria. La obesidad. Prevalence. Meta-analysis.
Introduction

With the development of national economy and the improvement of people’s living standard, there is rising prevalence of overweight and obesity in both developing countries and developed countries. The rate of obesity has tripled in developing countries over the past 20 years as they rapidly become more urbanized, with increased consumption of high calorie foods and adoption of a more sedentary lifestyle.

Some studies reported that obesity is associated with breast cancer, asthma, diabetes mellitus, hypertension, coronary artery disease, and dental caries. In addition, the obese suffer from social bias, prejudice and discrimination. It is known that the prevalence of obesity in Chinese children and adolescents was considered to be still relatively low. However, there is a paucity of data on prevalence of overweight and obesity in Chinese secondary school student.

Thus, we performed the meta-analysis to assess the prevalence of obesity for secondary school students in recently, so as to provide a basis for intervention to children obesity.

Materials and methods

Literature retrieval

Related publications on obesity released from 2009 to 2014 were retrieved online from the PubMed, Chinese periodical full-text databases of VIP, Wan fang and CNKI in compliance with the key words “Obesity, students, children, adolescents and China” in Chinese for Chinese database and in English for Pub Med. Full-texts were eligible to retrieve manually from the previous data.

Criteria

The entry criteria for the literature was consisted of:1)The papers on the obesity among college or university students in China published between January 2009 and June 2014; 2)Articles aimed at the discussion of the prevalence of obesity in the secondary school students of China. Exclusion criteria included: 1) The indicators described in the article were with fewer association or data being incomplete; 2) Repeated articles.

Literature screening and Quality assessment in process

Each study was assessed by two investigators independently, and the disagreements were resolved by expert assessment. Blind method was used to ensure quality. The related literatures were retrieved on the basis of the key words described previously, and initially selected through the title appraisal and scanning the abstracts. Full-text appreciation was carried out for the secondary selections. Data extraction was performed in papers verified eligibly. Evaluation of the article quality was made as meta-analysis of observational studies in epidemiology proposed Stroup DF, et al.

Statistical analysis

Meta Analyst for Windows was used for performing meta-analysis. By heterogeneity test, the random-effect model was applied to merging sets of data and data analysis. The final data were subdivided into several groups for statistical analysis and chart description.

Results

Basic information and quality assessment of the articles

A total of 127 articles were retrieved from online Chinese periodical full-text databases of VIP, Wan fang database and CNKI as well as Pub Med. Quality assessment was made by Meta-analysis of observatio-
## Table I

**Main Characteristic of the Studies and the Detection Rate of Obesity among Secondary School Students in China**

<table>
<thead>
<tr>
<th>Author, year</th>
<th>Obesity Sample size (n)</th>
<th>Age</th>
<th>Geographical distribution</th>
<th>Criterion</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>Girls</td>
<td>Total</td>
<td>Boys</td>
</tr>
<tr>
<td>Xiaorong Hu, 2009&lt;sup&gt;16&lt;/sup&gt;</td>
<td>248</td>
<td>189</td>
<td>437</td>
<td>5081</td>
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<tr>
<td>Juan Jin, 2009&lt;sup&gt;17&lt;/sup&gt;</td>
<td>155</td>
<td>54</td>
<td>209</td>
<td>5098</td>
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<tr>
<td>Xiaomin Zhang, 2010&lt;sup&gt;18&lt;/sup&gt;</td>
<td>31</td>
<td>24</td>
<td>55</td>
<td>1656</td>
</tr>
<tr>
<td>Zhijie Xue, 2010&lt;sup&gt;19&lt;/sup&gt;</td>
<td>49</td>
<td>35</td>
<td>84</td>
<td>584</td>
</tr>
<tr>
<td>Weifeng Huang, 2010&lt;sup&gt;20&lt;/sup&gt;</td>
<td>62</td>
<td>90</td>
<td>152</td>
<td>92</td>
</tr>
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<td>Ying Yang, 2010&lt;sup&gt;21&lt;/sup&gt;</td>
<td>163</td>
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<td>247</td>
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<td>Qiuming Sheng, 2010&lt;sup&gt;22&lt;/sup&gt;</td>
<td>167</td>
<td>64</td>
<td>231</td>
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<tr>
<td>Yinghuan Xiong, 2010&lt;sup&gt;23&lt;/sup&gt;</td>
<td>18</td>
<td>12</td>
<td>30</td>
<td>771</td>
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<tr>
<td>Qing Tang, 2011&lt;sup&gt;24&lt;/sup&gt;</td>
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<td>75</td>
<td>223</td>
<td>1459</td>
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<td>32</td>
<td>99</td>
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<td>10</td>
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<tr>
<td>Yue Pan, 2011&lt;sup&gt;27&lt;/sup&gt;</td>
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<td>105</td>
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<td>Bin Hong, 2012&lt;sup&gt;30&lt;/sup&gt;</td>
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<td>Chunxia Hui, 2012&lt;sup&gt;31&lt;/sup&gt;</td>
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<td>Ming Chang, 2012&lt;sup&gt;36&lt;/sup&gt;</td>
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<td>300</td>
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<td>19895</td>
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<td>Zhaocheng Zhang, 2012&lt;sup&gt;38&lt;/sup&gt;</td>
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<td>215</td>
<td>705</td>
<td>2993</td>
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<tr>
<td>Ping Li , 2012&lt;sup&gt;39&lt;/sup&gt;</td>
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<td>39</td>
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<tr>
<td>Meng Jia , 2012&lt;sup&gt;40&lt;/sup&gt;</td>
<td>73</td>
<td>39</td>
<td>112</td>
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<tr>
<td>Meilin Dong, 2013&lt;sup&gt;41&lt;/sup&gt;</td>
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<td>46</td>
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<tr>
<td>Xueqiang Zhang, 2013&lt;sup&gt;42&lt;/sup&gt;</td>
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<td>31</td>
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<tr>
<td>Xiaomei Lin, 2013&lt;sup&gt;43&lt;/sup&gt;</td>
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<td>15</td>
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<td>Jing Sun, 2013&lt;sup&gt;44&lt;/sup&gt;</td>
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<td>Ping Shi, 2013&lt;sup&gt;45&lt;/sup&gt;</td>
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<td>99</td>
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<td>Jun Qiu, 2013&lt;sup&gt;46&lt;/sup&gt;</td>
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<td>Shenglin Xia, 2014&lt;sup&gt;47&lt;/sup&gt;</td>
<td>42</td>
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<td>75</td>
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</table>
nal studies in epidemiology. Of the 32 articles, the total sample sizes on the obesity investigation were 27455 (14865 male and 12590 female). Figure 1 shows the process of literature screening and the basic information on the final articles are showed in Table I.

**Meta-analysis of the obesity prevalence among secondary school students in China**

Heterogeneity test was carried out on the obesity detection rate, with a result of $I^2 = 0.499$, $Q=1.00$, suggesting that the research results in the 34 article were heterogeneous. Random-effect model was used for meta-analysis. As is shown by the forest plots (Fig. 2), the results suggested that pooled prevalence of boy obesity in secondary school students is 8.4% (95% CI: 6.2%–11.3%).

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![Fig. 2.—Forest plot of obesity rate for secondary students in boy.](image)

**Table I.** The basic information on the final articles
obesity in secondary school students is 4.8% (95% CI: 3.2%-7.2%).

Publication bias

Publication bias is a tendency on average to produce results that appear statistically significant on the part of investigators to submit, or the reviewers and editors, to accept manuscripts. Even though a potential threat in meta-analysis, it may be verified with funnel plots, which was applied to modifying the possible bias in our literature selection. Verification by funnel plot (Figs. 4-5) shows that the literatures included were in better symmetry, suggesting less possibility of publication bias on the detection rate of obesity in China secondary school students.

Discussion

The results of present Meta-analysis were based on 32 articles, which indicated that the obesity prevalence in China was still troublesome, the pooled prevalence
of obesity in secondary school students is 8.4 % (95% CI: 6.2%-11.3%) and 4.8 % (95% CI: 3.2%-7.2%) for boy and girl respectively. Boy obesity is twice times close to the rate of obese girls. The possible explanation maybe that boy is more important than girl in traditional Chinese thoughts, and parents pay more attention to health of boy. Lacking of knowledge for healthy lifestyle and healthy behavior, it is maybe another possible reason. Additionally, numerous modern vehicles were used in our daily life, which lead to reduce daily physical activities and a decrease in daily energy expenditure, and increase the prevalence of children obesity.

Although the figure by our study doesn’t seem as high as previous reports in western nations, the prevalence of obesity in Mainland China is still arouse our attention. Obesity not only brings serious health problems but also huge financial burden to whole country. Our educational departments and health authorities should jointly take effective and practical measures,
such as health education and regular physical examination, to put it under control. Besides, parents should lead a healthy eating habit to the students, while students are encouraged to take more exercise and shape good living habits.

Limitations

This study provides a general situation of childhood obesity from 2009 to 2014 in China. The following limitations cannot be ignored: for example, we selected the article based on age range from 12 to 18 years, only published data are included, publication bias remains possible, relatively smaller sized samples from tends to weaken the validity of the results; and failure to exclude the genetic susceptibility as an important risk factor for childhood obesity in China. Therefore, more reliable obesity prevalence in secondary school students in China still needs further investigation.

Conclusion

Our results indicated that the obesity prevalence status in China was still troublesome, for the situation will be worse if we currently fail to take effective and practical measures.

Conflict of interest

None declared

Acknowledgements

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Disclosure of conflict of interest

The authors have no conflicts of interest to disclose.

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Prevalence of obesity among secondary school students

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Levels of eicosapentaenoic acid in obese schoolchildren with and without insulin resistance

Karmina Sánchez Meza1, Carlos Enrique Tene Pérez1, Carmen Alicia Sánchez Ramírez1, Roberto Muñiz Valencia2 and Mario Del Toro Equihua1

1Universidad de Colima, Facultad de Medicina. Av. Universidad 333, Colonia Las Víboras, Colima, Col., México. CP 28010.

Abstract

Background: Obesity in children is now an increasing health risk worldwide in which the insulin-resistance can be present. Studies have linked a diet rich in n-3 fatty acids with a lower prevalence of insulin-resistance.

Objective: To compare the levels of eicosapentaenoic acid among obese children with and without insulin-resistance.

Materials and Methods: In 56 randomly school-age children with obesity, insulin-resistance was determined by the homeostasis model assessment for insulin-resistance index and the serum levels of eicosapentaenoic acid were determined by gas chromatography. Insulin-resistance was established when the index was >6.0, non-insulin-resistance when that index was <1.4 and as an intermediate group when the index was within the range of 1.4-5.9. The serum levels of eicosapentaenoic acid were compared with the Kruskal-Wallis and Mann-Whitney U tests, as needed.

Results: No differences in age or sex were identified among the groups studied. The anthropometric parameters were significantly higher in the group of children with insulin-resistance than in the other two groups. The children with insulin-resistance had significantly lower levels of eicosapentaenoic acid than the non-insulin-resistance group [12.4% area under the curve vs. 37.4%, p = 0.031], respectively.

Conclusion: Obese primary school-aged children with insulin-resistance had lower plasma levels of eicosapentaenoic acid.

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Key words: Eicosapentaenoic acid. Insulin resistance. Obesity. Polyunsaturated fat. Schoolchildren.