

Table 3 Reported prevalence of overweight and obesity among children in different Middle East countries and standards used to define cut-offs

Country	Ref. no.	Age range (years)	Girls		Boys		Standard	Notes
			Overweight (%)	Obesity (%)	Overweight (%)	Obesity (%)		
Bahrain	[21]	12-17	- ^a -	35.0 18.0	- -	21.0 15.0	WHO/NCHS IOTF	Compared WHO/NHANES versus IOTF criteria.
Islamic Republic of Iran	[22]	6-18	4.6	2.0	4.3	2.5	CDC	Different reference values were used and compared. Figures here refer to IOTF and CDC criteria.
			5.9	1.3	5.4	1.6	IOTF	
			4.9	2.4	5.2	2.4	National	
Islamic Republic of Iran	[25]	10-19	12.1, 15.5, 5.7	5.0, 6.1, 5.7	11, 12.8, 19.4	2.2, 6.0, 9.1	IOTF	Figures here refer to IOTF and CDC criteria.
			10.1, 14.0, 13.6	9.0, 7.9, 6.9	5.5, 15.1, 10.1	3.3, 12.8, 11.6	CDC	
Islamic Republic of Iran	[23]	2-5	22.3	10.0	20.4	9.0	IOTF	Compared to IOTF and CDC criteria.
Jordan	[26]	6.5-17.5	-	-	-	3.9, 10.9, 5.7	CDC	
Kuwait	[27]	10-14	31.8	13.1	30.0	14.7	NCHS/CDC	
Lebanon	[30]	10-18	19.0	4.2	28.8	10.1	IOTF	
Lebanon	[31]	3-19	16.1	3.2	22.5	7.5	WHO/NCHS	
Libyan Arab Jamahiriya	[32]	< 5	-	7.5	-	3.3	WHO/NCHS	
Oman	[33]	15-16	10.7, 14.7, 13.3	4.7, 4.0, 6.0	3.3, 10.5, 15.5	1.0, 4.5, 9.3	IOTF	Cohort prevalence.
Pakistan	[34]	2-18	-	7.8	-	8.8	NHANES	
Qatar	[36]	< 5	-	5.0	-	4.7	WHO/NCHS	Defined as weight-for-age > 2 SD of the standard.
Saudi Arabia	[37]	1-18	12.7	6.7	10.7	6.0	IOTF	
United Arab Emirates	[40]	4-18	20.1	7.1	17.1	7.7	IOTF	

^aA dash indicates that data were not assessed in that category.

SD = standard deviation.

WHO = World Health Organization.

NCHS = National Health Care Survey.

CDC = Centers for Disease Control.

IOTF = International Obesity Task Force.

NHANES I = 1st National Health and Nutrition Examination Survey.