



# Effectiveness of School-Based Obesity Prevention Interventions Among Urban Youth in Cairo, Egypt,: BMI Change Indices and Physical Activity Levels

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## Abstract

Obesity among urban youth in Cairo, Egypt, has become a significant public health concern. A comprehensive search was conducted using electronic databases to identify relevant studies. Studies were included if they met specific criteria related to school-based interventions, BMI changes, and physical activity levels within a defined population. The review identified several studies showing mixed results regarding BMI change indices but highlighted increased physical activity levels among participants in some intervention groups. While the effectiveness of school-based obesity prevention interventions varied, there was evidence suggesting improved physical activity levels among urban youth in Cairo. Further research is needed to establish consistent and sustained improvements in both BMI change indices and physical activity levels through targeted school-based programmes. School-Based Interventions, Obesity Prevention, Urban Youth, BMI Change Indices, Physical Activity Levels Treatment effect was estimated with  $\text{text}\{logit\}(\pi) = \beta_0 + \beta^{-1} p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Cairo, Egypt, Obesity Prevention, School Interventions, Urban Youth, Public Health, Geographic Epidemiology*

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