

URBAN-RURAL DIFFERENCES AMONG ELEMENTARY SCHOOL AGED PUPILS OF DIFFERENT NUTRITIONAL STATUSES

Abstract

The rate of overweight occurrence among children has rapidly increased in the last few years all over the world and represents one of the most important international health challenges (Wang & Lobstein, 2006). The purpose of this study was to determine the urban-rural differences among elementary school aged pupils of different nutritional statuses. Regarding this objective, it can be concluded that there are some statistically significant urban-rural differences in the nutritional status among elementary school aged pupils, but the urban-rural differences are evident in body height and body weight. The data obtained by this study will provide teachers of physical and health education a direct insight into the nutritional status situation among pupils in the urban-rural areas as well as offer some intervention options during physical and health education classes. The findings of this research may be indirectly used in the process of planning and programming of the physical and health education teaching.

Key words: *pupils, nutritional status, urban-rural differences*
