



RISK FACTORS AND KNOWLEDGE REGARDING PREVENTION OF OBESITY AMONG WOMEN

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ABSTRACT

Obesity now considered as a "Killer lifestyle" disease is an important cause of preventable death worldwide. The present study was conducted to identify risk factors and knowledge regarding prevention of obesity among women. Descriptive research design was used and the study participants were selected using simple random sampling. The study was conducted among 300 women of selected wards of Athirampuzha Panchayat, Kottayam district, Kerala. The framework used is Noja J Penders revised Health Promotion Model. The tools used for data collection were socio personal data sheet, clinical data sheet, risk assessment check list, knowledge questionnaire. Findings revealed that the prevalence of obesity was 24.3%, and also found that the common risk factors of obesity were consumption of bakery items (40%), family history and history of hypothyroidism (23.3%), excessive intake of fried item (35%), lack of exercise (34%), retained weight gain in relation to pregnancy (26.6%). A significant association was found between obesity and risk factors. There were 67% women with average knowledge regarding prevention of obesity. A significant association was found between knowledge of women regarding obesity and occupation.

KEYWORDS : Risk factors; knowledge; obesity

INTRODUCTION

Obesity is a major public health problem in developed countries. WHO formally recognized obesity as a global epidemic. Nearly one-third to one-half of adults is affected. Nowadays, it also occurs in the developing countries. Obesity is associated with five out of the ten leading causes of death and disability such as heart disease, diabetes, cancer, hypertension and stroke. So it is necessary to assess risk factors and knowledge regarding prevention of obesity among women in selected wards of Athirampuzha Panchayat, Kottayam district, Kerala.

Statement of the problem

A study to assess risk factors and knowledge regarding prevention of obesity among women in selected wards of Athirampuzha Panchayat, Kottayam district, Kerala.

Objectives

- To assess the prevalence of obesity among women.
- To determine the risk factors of obesity among women.
- To assess the knowledge regarding the prevention of obesity among women.
- To find out the association of obesity and its risk factors

Methodology

Quantitative non experimental research approach was to assess risk factors and knowledge regarding prevention of obesity among women in selected wards of Athirampuzha panchayat, Kottayam district, Kerala. Research design used for the present study was descriptive survey design. The present study was conducted in selected ward of Athirampuzha panchayat, Kottayam. There are 22 wards in Athirampuzha panchayat, out of which three wards were selected randomly. Population of the study consists of women residing in selected wards of Athirampuzha panchayat between the age group of 20-60 years.

Table 1: Frequency distribution and percentage of women based on their age, religion and education

(n=300)

Sample characteristics	f	%
Age in years		
20 – 29	45	15
30 – 39	104	34.6
40 – 49	106	35.4
50 – 60	45	15
Religion		
Hindu	108	36
Christian	138	46
Muslim	54	18

Education

Education		
Primary	36	12.2
Secondary	76	25.3
Higher Secondary	91	30.3
Degree and above	56	18.6
Professional/technical	41	13.6

Table 1 reveals that 35.4% of women were in the age group of 40-49 years and 46% were Christians. Most of them (30.3 %) educated up to higher secondary.

Table 2: Frequency distribution and percentage of women based on the type of diet

(n=300)

Sample characteristics	f	%
Type of diet		
Vegetarian	66	22
Non vegetarian	234	78

Table 2 depicts that majority of women (78%) were non vegetarian.

Table 3: Frequency distribution and percentage of women based on BMI

(n=300)

Prevalence of obesity	f	%
BMI		
Under weight (<18.5)	18	6
Normal weight(18.5 – 24.9)	151	50.3
Over weight(25 – 29.9)	58	19.4
Obese(30 and above)	73	24.3
Prevalence of obesity		
Obese(BMI>30 and above)	73	24.3
Non obese(BMI<30)	227	75.7

Table 3 depicts that 50.3% of the women were with normal (18.5-24.9) BMI. 24.3% were obese, 19.4% were with overweight (25-29.9) and only 6% were with underweight (<18.5). Based on BMI, it is clear that the prevalence of obesity (BMI > 30 and above) among women was 24.3%.

Table 4: Frequency distribution and percentage of women based on knowledge regarding Prevention of obesity

(n=300)

Level of knowledge	f	%
Good(15 - 22)	85	28.3
Average(8 - 14)	196	65.3
Poor(0 - 7)	19	6.4

Table 4 depicts that 28.3% women had good knowledge, 65.3% had average knowledge and 6.4 % had poor knowledge regarding prevention of obesity.

DISCUSSION

The first objective of the study was to assess prevalence of obesity among women. The findings of the present study shows that prevalence of obesity was 24.3% and it is congruent with the findings of a cross-sectional study carried out on prevalence of overweight and obesity among adult population at Malaysia population aged 18-59 years old and it reveals that the prevalence of obesity among women was 22.9%.³³ Similar study was undertaken in an urban slum in Chennai city to find out the prevalence of overweight and obesity among women aged 20 years and above revealed that prevalence of obesity was 19.8%. Present study was supported by another cross sectional study was conducted among 300 adults in Nellanadu Panchayath, a rural area in Trivandrum, Kerala shows that prevalence of obesity was 40.7% in women.⁴²

The second objective was to identify the risk factors of obesity among women. The data were collected with the help of risk assessment check list. The present study findings revealed that risk factors of obesity were family history of obesity, history of PCOD and hypothyroidism, excessive intake of food, ghee, fried item, egg yolk, meat, bakery items/ice creams/ chocolates more than 3 times a week, retained weight gain in relation to pregnancy, stress, intake of steroids, antipsychotic, anti epileptics more than three month, and excessive sleep. Among that majority of women (40%) were consuming of bakery items/ ice cream / chocolate more than 3 times/week. These are consistent with another study carried out to review the causes of obesity among adult at UK London, findings shows that risk factors for obesity were considered to be sedentary lifestyles, a high intake of energy-dense, micronutrient poor foods, heavy marketing of energy-dense foods and fast food outlets, sugar sweetened soft drinks and fruit juices, adverse social and economic conditions developed countries, especially in women.⁴⁵

The third objective of the study was to assess the knowledge regarding prevention of obesity among women. The present study showed that 65.3% of women had average knowledge regarding prevention of obesity. It is congruent with the findings of a study to assess the knowledge and attitude of college girls toward obesity in Amritsar and results showed that 67% were having inadequate knowledge, 32% samples were having moderately adequate knowledge and 1% was having adequate knowledge on obesity.⁶³

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