A Descriptive Study to Assess the Knowledge on Prevention and Complications of Obesity Among Adult Population in Outpatient Department at Selected Hospital Chennai .

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ABSTRACT INTRODUCTION: Obesity is a health problem in the majority of the developed countries and is emerging as a serious problem in the developing countries. OBJECTIVES OF THE STUDY: To assess the demographic variables of the adult population .To assess the knowledge on prevention and complications of obesity among adult population. To assess the prevalence of obesity in adult population. To assess the significance of demographic variables with the level of knowledge . The research approach used for the study was descriptive survey approach. METHODOLOGY:Non experimental descriptive design was adopted to assess the knowledge on prevention and complications of obesity among adult population. The target population selected for this study was adult population attending outpatient department in selected hospital, Chennai .Major Findings Of The Study: knowledge regarding prevention and complications of obesity among adult population were 17(57%) had inadequate knowledge and 10(33%) had moderately adequate knowledge and 3(10%) had adequate knowledge regarding prevention and complications of obesity.

INTRODUCTION

As of 2015 the WHO estimates that at least 400 million adults (9.8%) are obese, with higher rates among women than men. As of 2008, The World Health Organization claimed that 1.5 billion adults, 20 and older, were overweight and of these over 200 million men and nearly 300 million women were obese. The rate of obesity also increases with age at least up to 50 or 60 years old. Once considered a problem only of high-income countries, obesity rates are rising worldwide. Obesity is a health problem in the majority of the developed countries and is emerging as a serious problem in the developing countries. In India urbanization and modernization has been associated with obesity. In Northern India obesity was most prevalent in urban populations (male = 5.5%, female = 12.6%), followed by the urban slums (male = 1.9%, female = 7.2%). The prevalence of obesity in Tamil Nadu is 19.8% in males and 24.4% in females. With people moving into urban centres and wealth increasing, concerns about an obesity epidemic in India are growing.

STATEMENT OF THE PROBLEM:

A descriptive study to assess the knowledge on prevention and complications of obesity among adult population in outpatient department at selected Hospital, Chennai

OBJECTIVES OF THE STUDY:

- To assess the demographic variables of the adult population.
- To assess the knowledge on prevention and complications of obesity among adult population.
- To assess the prevalence of obesity in adult population
- To assess the significance of demographic variables with the level of knowledge .

METHODOLOGY:

Non experimental descriptive design was adopted to assess the knowledge on prevention and complications of obesity among adult population. The target population selected for this study was adult population attending outpatient department in selected hospital, Chennai.

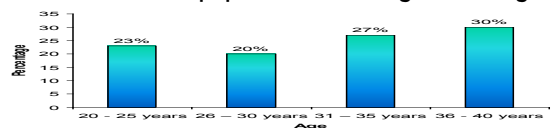## DATA ANALYSIS: FIG. 1.   Frequency and percentage distribution of adult population according to their age.

Fig. 1shows the distribution of adult population according to their age. The adult patients who belongs to 20-25 yrs were 7 (23%) and 26 – 30 yrs were 6 (20%) 31- 35 yrs were 8 (27%) and 36 – 40 yrs were 9 (30%).

FIG. 2.   Frequency and percentage distribution of adult population according to their family income.
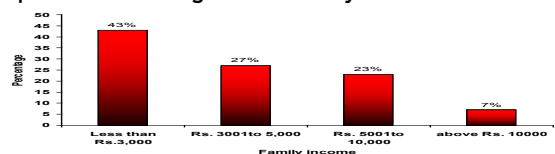

Fig. 2 shows the distribution of adult population according to their family income. Majority of the adult population 14 (47%) doing coolie work, 9 (30%) are doing business, 3 (10%) are government employee and 4 (13%) were unemployed.

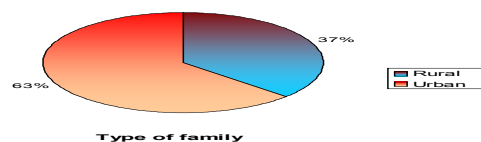## FIG. 3.   Frequency and percentage distribution of adult population according to their type of residence.

Fig. 3shows the distribution of adult population according to the type of residence. The highest number 19 (63%) are residing in urban area and 11 (37%) are residing in rural area.

FIG. 4. Frequency and percentage distribution of adult population according to their body mass index.
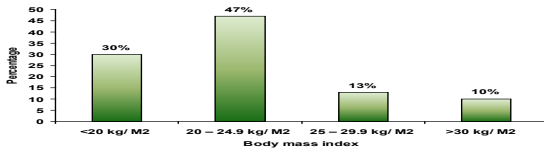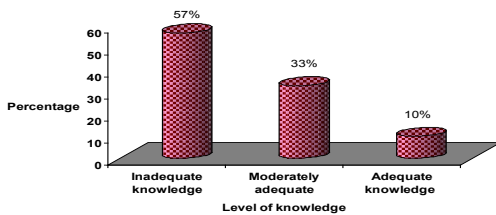

Fig. 4 shows the distribution of adult population according to the body mass index. The body mass index of 9 (30%) was < 20 kg / m ^{2} , 14 (47%) had 20 – 24.9 kg / m ^{2} , 4 (13%) had 25 – 29.9 kg / m ^{2} and 3 (10%) are having > 30 kg / m ^{2} of BMI.

ASSESS THE KNOWLEDGE LEVEL OF ADULT POPULATION ABOUT PREVENTION AND COMPLICATIONS OF OBESITY

FIG. 5. Frequency and percentage distribution of adult population according to their level of knowledge.

MAJOR FINDINGS OF THE STUDY:

Distribution of adult population according to their age group depicts that the highest percentage (30%) were in the age group of 36 – 40 years. Majority of adult population were (63%) were males. Majority of (36%) had high school education. The highest number of adult population (47%)were doing coolie work. Most of the adult population (43%) were getting the family income of less than Rs. 3000 per month. Majority of the adult population (63%) were living in urban area. Majority of the adult population (47%) were having the body mass index of 20 – 24.9 kg/ M^2.

The data analysis showed that knowledge regarding prevention and complications of obesity among adult population were 17(57%) had inadequate knowledge and 10(33%) had moderately adequate knowledge and 3(10%) had adequate knowledge regarding prevention and complications of obesity.

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