

AWARENESS OF RISK FACTORS OF OBESITY AMONG WOMEN

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ABSTRACT

Background: Obesity is a complex condition which is has become more prevalent among women .As it is the need of the hour to detect the awareness of risk factors of obesity. **Aim:** To determine the awareness of risk factors of obesity among women. **Materials and methods :** Self-administered questionnaires was designed based on the awareness of risk factors of obesity among women .The questionnaire was distributed through online survey planet link the study population included 100 women. The data was collected and statistically analysed. **Result and Discussion:** Obesity raises the risk of many chronic diseases. Participants were mostly aware of the risk factors. Age, education and other environmental factors are related to overweight and obesity. More awareness may be created to educate the society about the risk factors oaf obesity and its associated disorders.

Keywords: *Obesity, risk factors, associated disorders.*

I. INTRODUCTION

Obesity is a predicament . In such case, the individual will have mental disturbance because of their status of weight.The middle aged adult women are more prone to obesity and overweight than young aged adult women(1).Obesity increases the risk factor of chronic health conditions such as heart diseases , diabetes ,increased blood pressure etc.The raise of obesity graph was found in epidemic countries and it has been more predominant in under developing and developing countries(2). Obesity may also be due to genetic or environmental factors. In recent study they have found that it is a multifactorial disease and in 2015 the national nutrition survey has undertaken and found that obesity was 18.9% prevalent among women (3). In some cases exercises alone may not help in reduction of body weight.Recent studies have declared that personal stress and lack of support may also be a reason for obesity (4).

The iron deficiency anaemia with reproductive age into consideration may also cause obesity. In recent study in Bangladesh they have found that obesity was more predominantly was found in women with Iron deficiency anaemia which was more than the critical threshold given by WHO (5). According to WHO global estimates about 13% of the world's adult population were obese in 2014.The obesity is a condition which is drastically becoming prevalent due to changing life style and economic condition in many countries (6).Obesity is calculated by BMI and if the BMI is greater than or equal to 25kg/m square for women and for male if it is greater than or equal to 30 kg/m square then they are

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obese. It helps to determine the death and disabilities among women with obesity (7). Obesity has become a challenging problem for women. The recent studies have declared that the breathlessness may be a major problem for obese people and the people were found to be aware of the physical consequences about obesity (8).

Almost all obese people find it difficult to reduce weight though there are many weight management programs present. Obesity decreases 5-10 years of our life expectancy. The food habits taught by parents to their children makes it more significant factor for obesity among adults as they follow their culture which may be lacking nutrition and leads to such uncommunicable diseases (9). In India more than men, adult women face this obesity problem (8). It has been found that the obesity can also cause thirteen types of cancer (10). In the earlier researches they have implied that the symbolic increase in obese population in USA, Canada and China lead to chronic diseases which may soon become the plot for India too (11). They have detected that family meals reduce weight and protect from obesity (12). The recent study has found that physical exercise works only for overweight not for obesity (13). In two-thirds of death in obese people is due to cardiovascular disease (14).

The marital status and educational level ensure the obesity among women (15). Therefore it is necessary to investigate the awareness among women about the risk factors of obesity to protect them from chronic disorders. The obesity is said to be a malnutrition which can be corrected only by investigating the awareness among people (16). The recent study has found that the certain population is aware about conventional risk factors (17). The aim of this study is to create awareness on the risk factors of obesity among women.

II. Materials and Methods:

Self-administered questionnaires were designed based on the awareness of risk factors of obesity among women. The questionnaire was distributed through online survey planet link to the study population which included 100 women. The participants were explained about the purpose of the study in detail. The questions were carefully studied and the corresponding answers were marked by the participants. The data was collected and statistically analysed.

III. RESULTS AND DISCUSSION:

Awareness of risk factor of obesity was 54.7% among women, whereas 86.8% were aware that obese people are more prone to diabetes (figure 1) and 93% were aware that consumption of sugars may cause obesity (figure 2). The obese people found standing and running as difficult tasks (figure 5).



Figure 1 –Is the obese people are more prone to diabetes



Figure 2- Reason for obesity

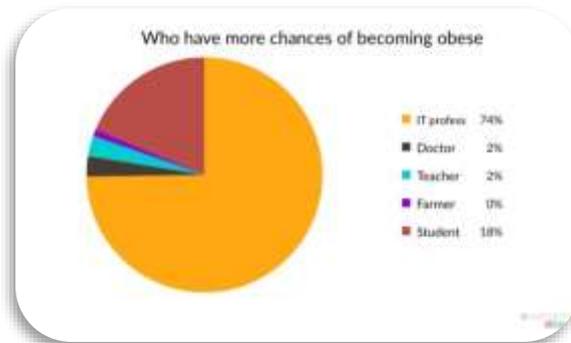


Figure 3 –Who are more prone to obesity?



Figure 4 – Obesity among women



Figure 5 –Task difficulty in obesity



Figure 6-Is obese people prone to cardiac disease ?



Figure 7 –Is obesity linked to laziness ?



Figure 8- Will metabolic disorders may be the reason for obesity ?



Figure 9-What could reduce obese condition ?



Figure 10- Does obesity reduce intellectual capacity ?



Figure 11- can obesity be fatal?



Figure 12 – is obesity is a disease ?



Figure 13- is obesity hereditary ?

Nearly 82.2% of women were aware that 30 percent of BMI is said to be obese (figure 10). 67% of people were aware that obesity can be associated with death (figure 11). Almost 55.7% and 71.4% have told that obesity was not a disease but hereditary (figure 12 & figure 13). 72% declared that it may be a metabolic disorder (figure 7).

74% participants were aware that IT professionals are more prone to obesity (figure 3). 88.9% participants reported to be obese (figure 4). 88.7% participants were aware that obese people are more prone to diabetes (figure 6).

Obesity has become a common condition because of the changing lifestyle and prevailing food habits. People being unaware of its risk factors can be disastrous for their life. A recent study in Bangladesh reveals that the women with iron deficiency anaemia had prevalent obesity with malnutrition (5). They have even detected the overweight, abdominal obesity and obesity among adult population and they had reported that the age and absence of leisure time physical activity was the main factor for obesity (1).

In 2014, they have estimated that 2 billion adults had overweight with world wide persistence of 39% (2). Obesity raises the risk of many chronic diseases (2). The age, education and other environmental factors are related to overweight and obesity. Most of the obesity people reported stress from the spouse, friends and children which may also be considered as a psychological risk factor for obesity (4).

A recent study declared that in the period of adolescence meals at a home seem to be a preventive measure for obesity (12). In 2015 a study (14) had been done among 195 countries and reported that 107.7 million children were obese

and 603.7 million adults were obese and even there're was 4 million death recorded with high BMI range .The increase in the persistent level of obesity is an alarm for the recurrent of chronic diseases including cancer (14).

From our survey we infer that 79% of people were aware about the risk factors of obesity which indicates that the knowledge and awareness of obesity is in creasing compared to previous years (14). It is been believed that obesity is a complex disease (18) but as per our results only 47% are aware that it is said to be disease.

IV. Conclusion:

As there is increase in the persistent obesity among people, one need to be aware about the obesity and its risk factors to take preventive measures against chronic diseases. Many awareness programs may be conducted to enlighten the society about the life style modifications for leading a healthy life.

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