Introduction

- Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health.
- A person with a BMI of 30 kg/m² or more is generally considered obese. A person with a BMI equal to or more than 25 kg/m² is considered overweight.
- WHR above 0.85 is considered as central obesity whereas WC alone above 80 cm is considered as being centrally or abdominally obese.
- Considering the age specific fertility rates, women of age group 15-49 years are called reproductive aged women.
- Age, parity, marital status, socio-economic status, physical activity, fruit consumption and many other factors have been reported as causative factors of overweight and obesity in reproductive aged females.
- The current prevalence of overweight and obesity is more among females as compared to males in Nepal.
- The combined prevalence of overweight and obesity in female has increased from 1.6% to 22.2% in 2016.

Objective of study

- The primary objective of this study was to identify the risk factors associated with overweight and obesity among reproductive aged (15-49 years) females residing in Bharatpur Metropolitan city.

Methods

- This study employed a cross-sectional design to explain overweight and obesity and factors associated with overweight and obesity in the reproductive aged females residing in Bharatpur.
- The study was conducted in Bharatpur Metropolitan city, Chitwan district, and Narayani zone.

- Anthropometric measurement was done. Data on socio-demographic, physical activity, dietary and behavioral factors was collected using structured questionnaire.
- Data on physical activity were collected using the short form of “International Physical Activity Questionnaire (IPAQ) and dietary data was collected using a food frequency questionaire and the 24-hour recall method.

Sample size

Sample size was calculated by taking 95% confidence interval (CI), 5% margin of error (d) and adding 7% non-response rat. The total sample size was 300.

Statistical Analysis

All the data were first coded and entered into SPSS version 20.0. Chi square test was performed to analyze the factors associated with BMI, WC and WHR cut-offs at 95% confidence interval.

Results

The result of this study revealed that 32.3% of females were overweight and 9.7% of females were obese. Similarly on the basis of waist circumference 69% of females were abdominally obese and on the basis of waist hip ratio 68% of females were abdominally obese. Mean BMI was found to be 24.1±10.01 kg/m², waist circumference was found to be 86.4±13.09 cm and waist hip ratio was found to be 0.89±0.108

Conclusions

- This study shows that nearly half of females (42%) were overweight and obesity in reproductive aged females in Bharatpur metropolitan city.
- Age, marital status, parity, stress, sleeping time, calorie intake, carbohydrate intake, physical activity and fruits consumption were found to be significantly associated (P<0.05) with overweight and obesity.
- Age, marital status, parity, calorie intake, fat intake, physical activity and fruits consumption were found to be significant predictors (P<0.05) of WHR in the study.
- Therefore the result of this conclude rising prevalence of overweight-obesity as a serious health challenge, which must be taken seriously and preventive measure must be taken to prevent overweight and obesity.

References


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