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Characteristics of Overweighed and Obese Adults Attended Nutritional Clinic In Dewaniyahgovernorate, Iraq, 2014

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Over all world, the community is undergoing a rapid epidemiological and nutritional transition characterized by persistent nutritional deficiencies or increasing overweight and obesity rate which is one of important challenge that need to change in food habit and life style toward healthy diet and regular physical exercise. In Iraq this problem is not fixed, but according to Stepwise Surveillance of Chronic NCD Risk Factor 2006 the overweight and obesity rate was 67% (34.8% male, 32.1% female). This study aimed to estimate the describe BMI status and characteristics factor that associated with overweight and obesity. A file base descriptive cross sectional study conducted in 2016. Files of adults aged >18 years attended the Nutritional clinic during 2014 were reviewed. Demographics characteristics and BMI status considered and presented as percentage. Mean of age computed and some variables cross tab with BMI classification recommended by WHO. Statistical significant considered when $p \text{ value} \leq 0.05$. A total study sample were 722, Male to female ratio was 1:6, and the mean of age was 32.8 ± 9.9 . About 20.5% was normal BMI while the overweight and obesity was 79.5%. The study showed that the overweight and obesity rate was higher in female than male (88.2% vs. 21.8%, $p \text{ value} > 0.001$). It is also higher in married status than single (81.7% vs. 18.3%, $p > 0.001$). Basic educational level had high overweight and obesity rate which was 46.1% with statistical significant association ($p \text{ value} = 0.05$). We conclude that the overweight and obesity rate was high among female, married and persons have basic educational level in Iraqi community.