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The prevalence of overweight, obesity and abdominal obesity in Bangladeshi university students

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A sustained economic growth in Bangladesh leading to nutrition transition with negative impact on health followed to sedentary lifestyle and obesity. In this study we assessed the prevalence of overweight, obesity and abdominal obesity in university students of Bangladesh at different ages. This cross-sectional study in Bangladeshi university students was conducted in December, 2016 to June, 2017. Randomly selected participants, aged 18 to 25 years were analyzed from three specific universities as per gender variation. The height and waist-circumference were measured using measuring tape and weight by personal weight scale. Of the 500 participants, 64.6% (n=323) were males, 35.4% (n=177) were females and mean age (standard deviation) was 21.76 (1.86) years. The prevalence of overweight and obesity (14.86% vs. 11.86%) were significantly 1.29 fold higher in males than females (OR: 1.29, 95% CI: 0.75-2.25, $p<0.001$). Mean waist-circumference was significantly ($p<0.001$) higher in males than females, but the Waist-to-Height Ratio (WHtR) was higher in females than in males ($p<0.001$). This study revealed the prevalence of overweight and obesity is higher in male than female in Bangladeshi students. However, future study and public health efforts are needed to address complications of obesity problem and to promote active lifestyles.

Biography

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