

Psychological & social factor causing obesity

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Introduction:

Disease prevention, search for a healthier lifestyle and aesthetic motivation for weight loss

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Introduction: A lot of studies show relation between obesity and development of several diseases (NHANES). This work aims to evaluate the profile and the motivation of people who want to lose weight, as well as identify the reasons for failures to achieve their goals.

Methods: 187 individuals, who wanted to lose weight, were studied. Among which, 48.6% were between 35 and 44 years old and 86.6% were female. This is a cross-sectional, descriptive and analytical statistical study and the statistical tests (Odds Ratio) concede to reach 95% as the range of confidence.

Results: 44.4% among the participants had overweight by the Body Mass Index (BMI), 22.6% obesity grade I, 22% normal BMI, 7.5% obesity grade II and 3.5% obesity grade III. It's worth noting that 22% of the participants with normal BMI, still wanted to lose more weight; however, most of them (97.5%) aimed to lose an amount of weight that wouldn't put them in a risk group (Low weight). The main reasons that led them to lose weight were to be healthier and to prevent diseases (38.5%), aesthetic reasons (33.6%) and to feel more willing (18.2%). Aesthetic reasons were more frequent among them and had normal BMI (56%), while among the obese (grade I, II, III), health motivation was the most frequent (63.5%). In this group, there was a higher prevalence of associated diseases and the chances to develop diseases for this group was 3.9 times greater than on the normal BMI group ($p=0.002$). On the other hand, among obese grade III, these odds increased to 8.9% ($p=0.008$). The majority (88.2%) assumed had no health habits: 49.7% of them by lack of discipline, 13% by lack of available time and 14% by lack of energy or emotional motivation to practice these healthy choices.

Conclusion: It's important to know what happens on our patient's mind, to choose the best therapeutic strategy in order to get succeeded in treatment. This study showed that among the higher degree of obesity, the greater are the chances of having diseases, compared to the normal BMI group.