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PREDICTORS OF OBESITY AMONG THE MEDICAL STUDENTS OF THE INTERNATONAL UNIVERSITY OF AFRICA, JULY 2017

Submitted by:-

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DEDICATION

I dedicate this research to Islam our religion, my family and my husband who stood by me through all the hardships, my teachers who provided me with the necessary knowledge and encouraged me to do my best.

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LIST OF ABREVIATIONS

WHO: World Health Organization

BMI: Body Mass Index

LTPA: Leisure Time Physical Activity

IPAQ: International Physical Activity Questionnaire

UAE: United Arab Emirates

METs: Metabolic Equivalent of Task

IUA: International University of Africa

ABSTRACT

Introduction: Obesity is a leading preventable cause of death worldwide, and the prevalence of obesity is increasing in adults and children. The world health organization (WHO) formally recognized obesity as a global epidemic. Several risk factors are recognized as causatives of obesity but some are still controversial. Few attempts were made to study the prevalence of obesity among medical students especially in Sudan; the aim of this study was to determine the relationship of birth weight, parental BMI and physical activity to obesity among the medical students of the International University of Africa.

Methods: This was cross section descriptive observational study conducted among 200 medical students at IUA selected by stratified random sampling. Data was collected by self-administered questionnaire which included sociodemographic data, birth weight, mother and father weight and height , physical activity level was determined using short form International Physical Activity Questionnaire and anthropometric measurements were taken for each participant. Data was analyzed using SPSS version 23 program. Descriptive data was presented as means +/- SD and percentages. Pearsons correlation was done between BMI with birth weight, mother BMI, father BMI and overall physical activity per week. Linear regression was performed to predict BMI from different variables. P value <0.05 was considered statistically significant.

Results: The prevalence of obesity among students was 6.5% being higher in males 9.4%than females 3.8%. There were no significant differences in prevalence of obesity between age groups or study levels. Family history with either one or both parents being obese was significantly related to

obesity. Birth weight and physical activity level were insignificantly related to obesity in this study, although most of students did not perform much physical activity (24.5% inactive and 48.5% moderately active).

Conclusion: Promotion of daily physical activity in the form of outdoor games and walking are recommended. Proper behavioral practices and life style change should be built in as supporting educational activity during study years.

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