

JOINT EVENT

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Overweight and obesity among adults aged 18-45 years residing in and around Giyani town in Mopani district of Limpopo province, South Africa

Objective: The objective of this study was to describe the prevalence of overweight and obesity among adults aged 18-45 years residing in and around Giyani town.

Methods: This study included 100 participants recruited from a location in Greater Giyani Municipality of Mopani district, Limpopo Province, South Africa. This Municipality was purposively selected, and convenience sampling was used to choose study participants. Body weight and height were measured using standard techniques. Waist circumference, systolic, diastolic, glucose, cholesterol and body fat levels were also assessed.

Results: The prevalence of overweight and obesity was 18.1% and 20.5%, respectively. Obesity was more prevalent in females (19%) than males (1.5%). The risks found in study participants included hypertension, diabetes, high total cholesterol, alcohol consumption and cigarette smoking. There was a significant difference in systolic blood pressure ($p \leq 0.03$) between males and females. Systolic blood pressure of about 22.9% of male participants compared to females (20%) was in the hypertensive range. However, only 9.2% of females had prehypertension of between 85-89 mmHg. Furthermore, 17.1% of males had hypertension values ≥ 90 mmHg as compared to 9.2% of their female counterparts.

Conclusion: Overweight and obesity were common in adults residing in urban areas. The results observed here is a call for intervention to combat the rising problem of overweight and obesity among adults in the form of nutrition education to ensure food diversification and reduction of food containing fats and hidden fats.

Biography

Motadi S A is a Lecturer of Nutrition at the University of Venda. He received his Junior degree (BSc) in Nutrition at the University of Venda. In 2010, he registered for Master's degree in Public Nutrition at the same university and graduated in 2013. In addition to Master's degree, he has Post-graduate Diploma in Health Professional Education with University of Cape Town. He is a Registered Nutritionist with Health Professional Council of South Africa. He was offered Tenure in the Department of Nutrition at University of Venda. In addition to teaching, he is a regular contributor to the micronutrient malnutrition particularly zinc and iron. Currently, he is the Deputy President of Dietetics and Nutrition.

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