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Prevalence of obesity among breast feeding mothers in South West Nigeria

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Malnutrition is a serious health problem in Nigeria. Malnutrition had led to high morbidity and mortality among vulnerable groups. This study was designed to assess the prevalence of obesity among the breastfeeding mothers. A simple random sampling method was used to select three hundred breastfeeding mothers. Information on socio economic characteristics was obtained using a structured pretested questionnaire. The weights of the subjects were measured using a bathroom scale while the heights were measured using heightometer. The result of socio economic characteristics showed that majority of the mothers (51%) were within the age range of 20-29years, 51% earned between N5,000 - N26,000 while 67% were from monogamous family. The result of the body mass index showed that 4% were underweight, 19% had normal weight, 33% were overweight, 35% had obesity grade 1 while 9% had obesity grade II. The study showed that incidence of obesity was high among the study population. There is need for nutrition education to reduce malnutrition in the study population.

Biography

Ilori A O is a Lecturer in the Department of Nutrition and Dietetics, Moshood Abiola Polytechnic Nigeria. She is a member of Nutrition Society of Nigeria, Nigerian Institute of Food Science and Technology and Nigerian Dietetic Association. She has many Publications in reputable journals both local and international to her credit. She has been a resource person in both local and international conferences.

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