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The problematic of overweight and obesity and its related factors among women from modest neighborhoods of Periurban of Morocco

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Statement of the Problem: Non-communicable diseases (NCDs) are not just a public health problem, they are also economical. These diseases are accentuated in the part of the population facing economic challenges and often resulting from rural exodus. The results of the (NCD) screenings in the city of Casablanca Morocco showed a high frequency of obesity and possible undiagnosed cases of NCD in low and middle-income areas. This study aimed to evaluate the prevalence of obesity among women in Casablanca and to study the factors involved.

Method: A survey was conducted in six Casablanca neighborhoods using multi-stage cluster sampling. Anthropometric parameters and body composition were measured and information on the evolution of eating habits, socio-demographic status and body image perception and use of fattening products was collected using a questionnaire of 425 adult women from the neighborhoods of Casablanca.

Result: We found a prevalence of 47% obesity and 36% overweight. Obesity and overweight exceeded 80% in all age groups, except for women under 25, where we found a prevalence of 44% overweight. In addition, the prevalence of abdominal obesity was high in all age groups with an overall prevalence of 67%. Body image perception data showed that 62% of women perceived their weight as normal or insufficient, 46% of these women were, in fact, overweight or obese. Fattening products have been used at least once by 12% of the population, especially by women under 35 years of age.

Conclusion: The problem of overweight and obesity in this society exceeds twice the national prevalence it would be in addition to the change in eating behavior and lifestyle to the perception of a regular weight and the use of fattening substances.

Biography

Derouiche Abdelfettah has received a PhD in Bio-industry from the University of Nancy France in 1988 and PhD in Human Nutrition in 2008, Hassan University II Casablanca Morocco. He is the Professor in Human Nutrition and is a Director of the human nutrition research unit. He is a Temporary adviser on nutrition of WHO and the Head of Moroccan action on salt and health (MASH).

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