

Exploring the prevalence and risk factors of Obesity among adults in an Urban Poor Community

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INTRODUCTION

This study is aimed to explore the prevalence and risk factors of obesity among adults in an urban poor community. As the world focuses its efforts and resources on combating the COVID-19 pandemic, mental health issues, obesity and consequently the risk factors of non-communicable diseases go unnoticed especially with the implementation of the several lockdowns. Obesity is a growing public health burden among the poor and there are little to no studies exploring the association of obesity with mental health and quality of life among the urban poor communities in Malaysia which makes our study more significant. Therefore we investigated its association with quality of life, mental health, and the sociodemographic factors.

TO DETERMINE...

1

the prevalence of obesity among the urban poor community.

2

the association between sociodemographic factors and obesity.

3

the association between mental health and quality of life with obesity.

METHODOLOGY

Cross sectional study

- Adults
- Urban poor community (PPR Sri Pantai Malaysia)
- 407 participants.**

Participant criteria:

- PPR Sri Pantai resident
- ≥18 years
- Malaysian
- Excluded:** Physically disabled and couldn't be measured.

- Data collected, organized, analyzed
- SPSS Statistic Version 28 (IBM, SPSS Inc, USA)**

- Sample size calculated
- Krejcie-Morgan formula**
- Stratified random sampling method
- Data from 21 floors of block 100 & 102

Frequency table: Sociodemographic variables, DASS21 & QoL scores.

Two Chi-Square tests:

- Association of sociodemographic variables, MH and QoL to BMI categories (CPG Malaysia, 2004).
- Prevalence of overweight & obese comparison between study population & average National Prevalence (BMI categories of CPG and WHO classifications).

- Logistic regression:** Association between different risk factors and obesity. Significant variables with $p < 0.25$ using univariate test were then subjected to a multivariate test.

A **p-value of <0.05** was considered statistically significant

RESULTS

Chart 1: Urban poor Sociodemographic Variables (N=407)

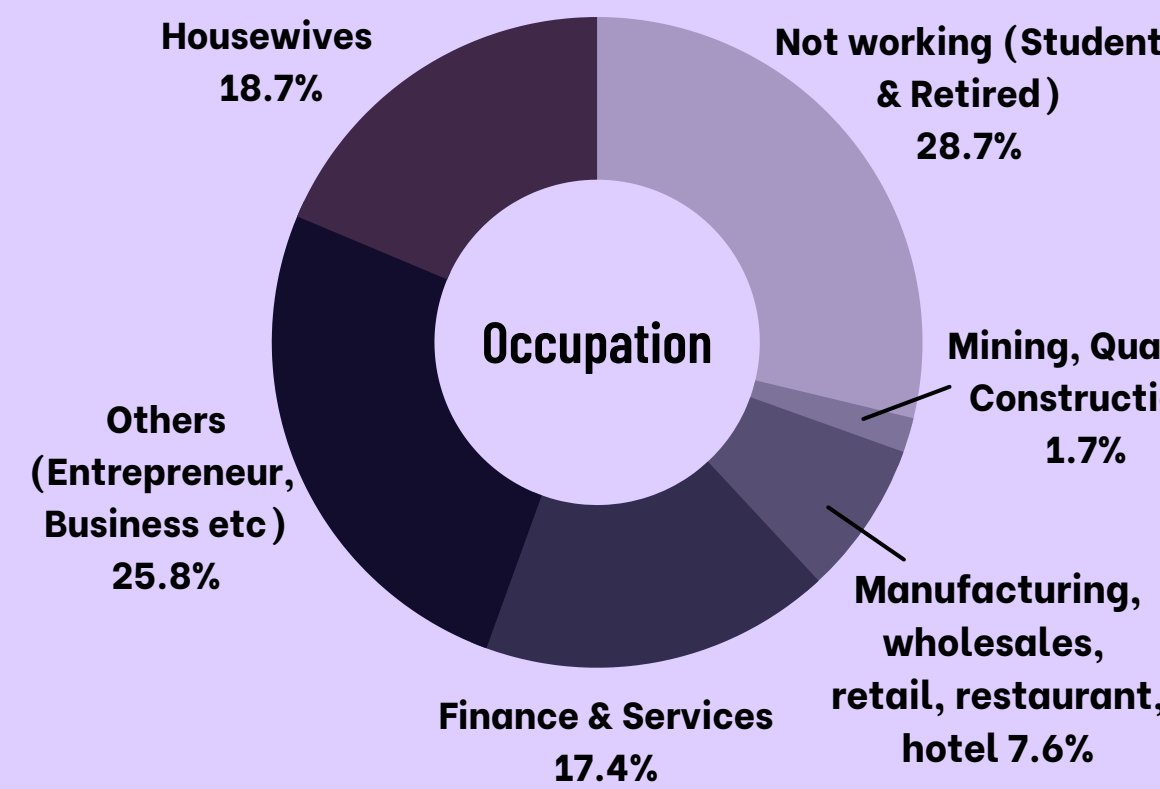


Chart 2: Association between Sociodemographic variables, Mental Health, Quality of Life with BMI categories

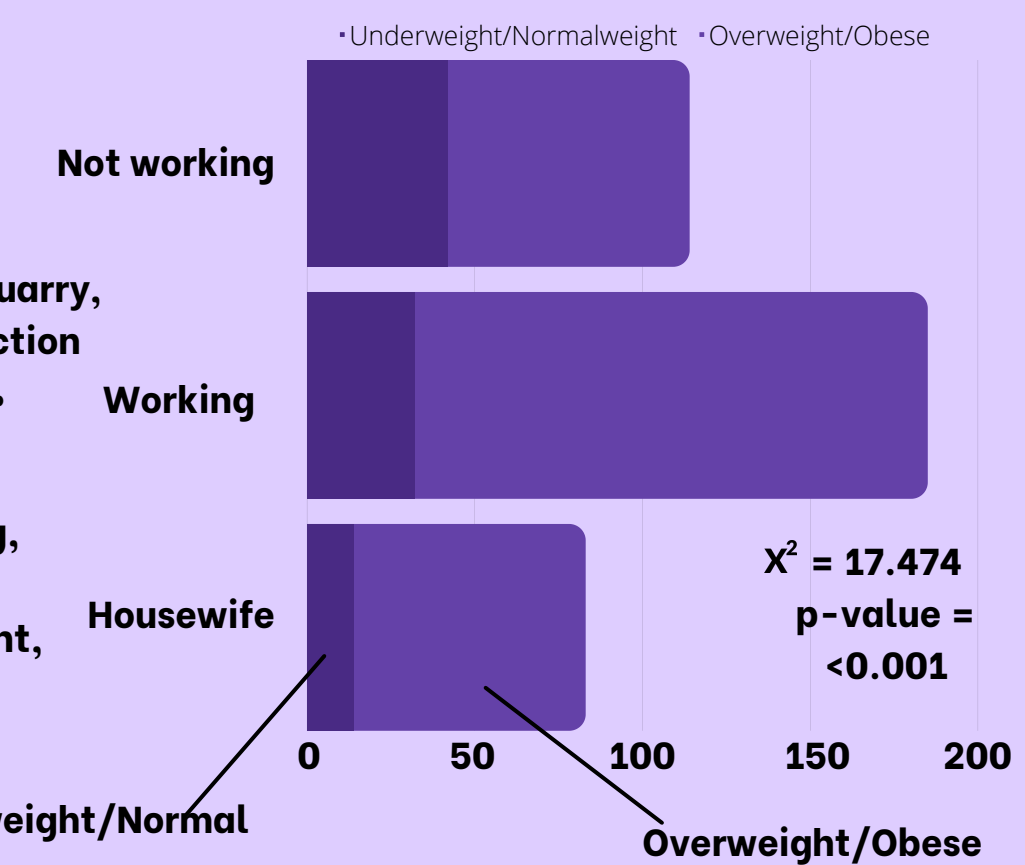


Chart 3: Distribution of BMI according to BMI Classification (N=407)

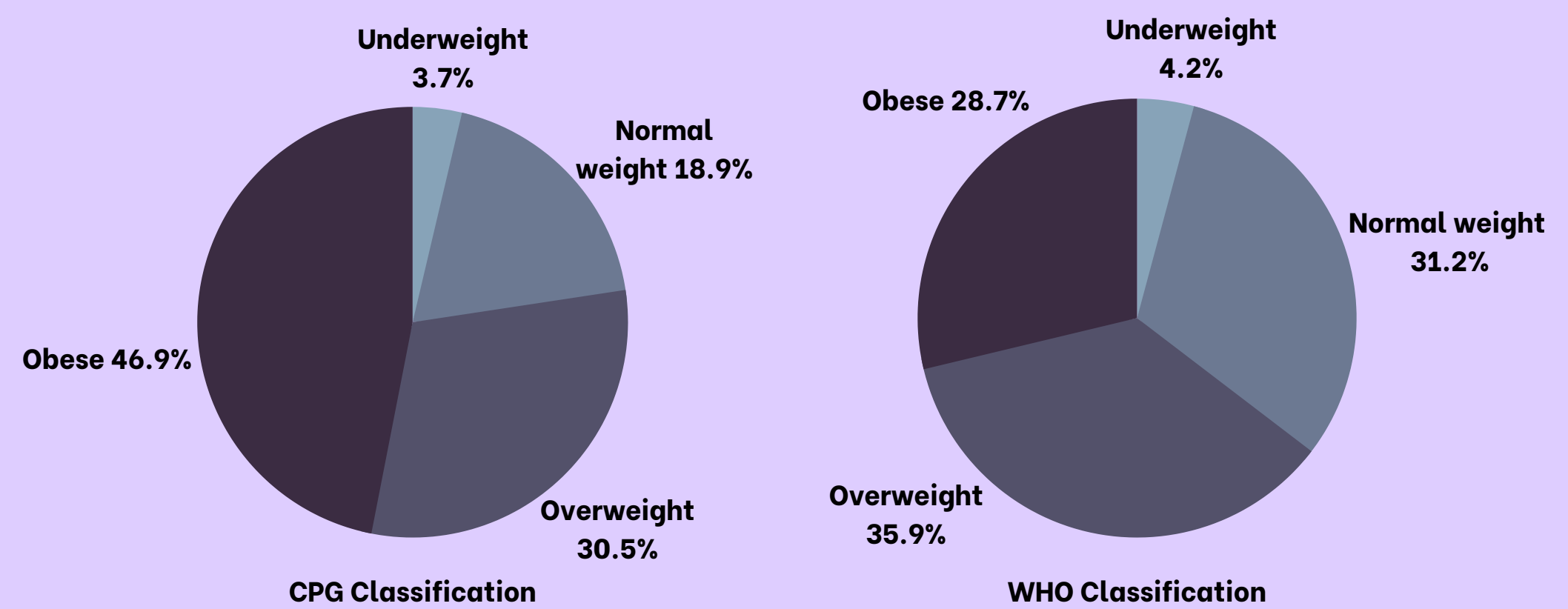


Chart 4: Comparison of prevalence of obesity with the general population in Malaysia (N=407)

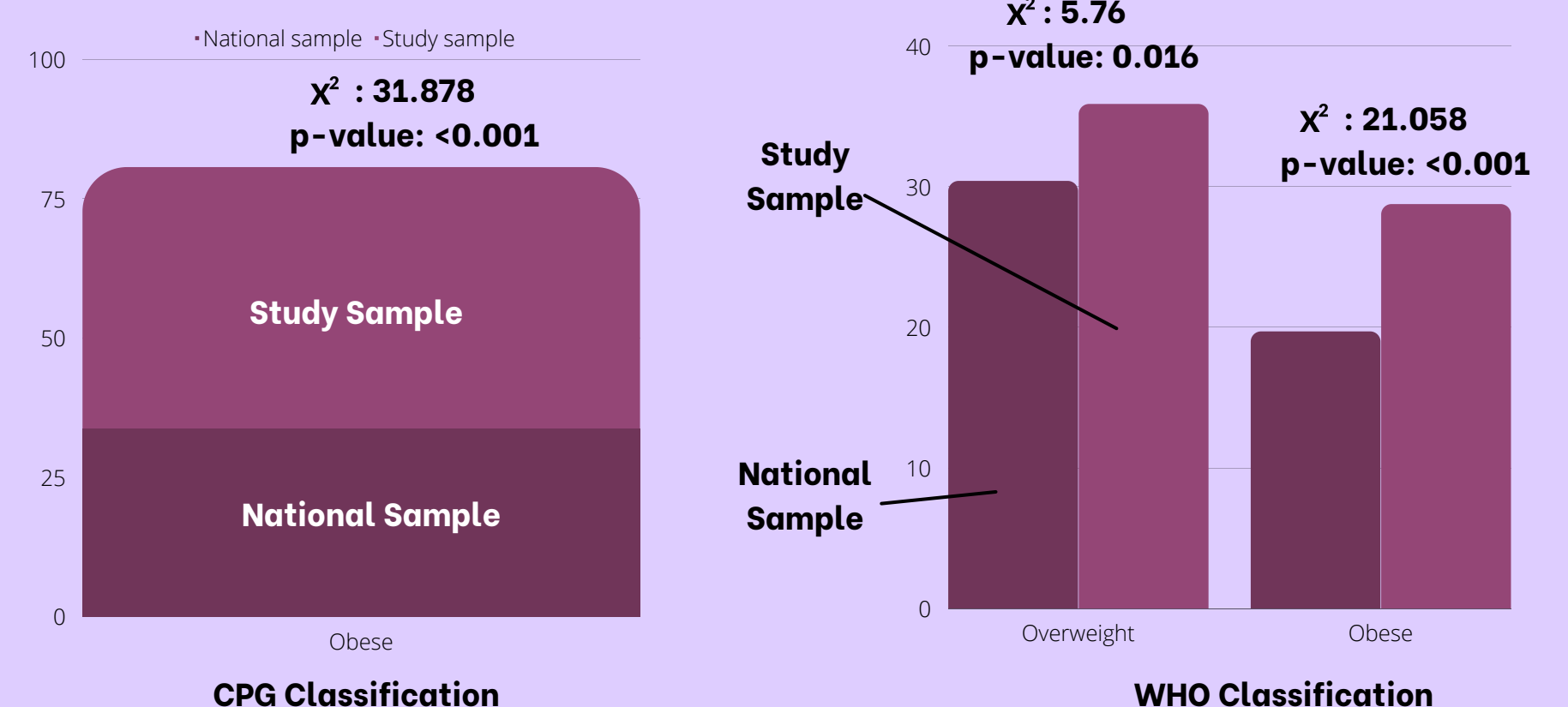


Table 1: Logistic regression analysis of risk factors of obesity among the study population (N=407)

Univariate Logistic			Multivariate Logistic		
Variables	OB/OW vs. Not OB/OW, OR (CI,95%)	P-value	Variables	OB/OW vs. Not OB/OW, OR (CI,95%)	P-value
Occupation		<0.001	Occupation		0.005
Not working	2.789 (1.628-4.779)	<0.001	Not working	2.791 (1.502-5.185)	0.001
Working	2.875 (1.443-5.727)	0.003	Working	1.866 (0.805-4.327)	0.146
Housewives	1		Housewives	1	

OB: Obese; OW: Overweight

CONCLUSIONS & RECOMMENDATIONS

The prevalence of obesity in this community is significantly higher compared to the national prevalence. Occupation was an independent predictor of obesity; non-working population is at higher risk of obesity compared with the housewives. Therefore, more exploration is needed on which occupational status among the non-working population (retired or student) is more at risk of obesity. More research on MH & QoL with different types of occupation should be explored further. Eating habits & physical activity should be considered and more than one urban poor community should be looked at.

SCAN FOR DATASET!



SCAN FOR REFERENCES!

