

Health & Obesity - A Coparative Study

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Abstract

Introduction Health is defined by WHO as a state of complete physical, mental and Social well being of a human. Due to changes in our life style, diet and physical exertion, health of general population is deteriorating in different ways predisposing them to different diseases and health problems. Since Obesity is a very major problem in Saudi Arabia, I decided to investigate the status of health with respect to Obesity in Alfaisal University. Goal The aim of this study is to draw a random sample from amongst the students of Alfaisal University, calculate their BMI and categorize them into one of the four categories of Underweight, Normal, Overweight, Obese (Class I, II, III). Their category will define their health status with respect to Obesity. A literature review will be conducted to support our results. Another aim is to increase the awareness about Obesity and health amongst the young students of this university so that they can take care of this aspect of their health in years to come. Method A questionnaire was sent online to all students of Alfaisal University. This study was carried out on Male and Female students of Alfaisal University. BMI score was calculated using . Then the students were categorized into one of the 4 categories of Underweight, Normal weight, Overweight and Obese. Then the results were compared between males and females as well as amongst students of different years of study and colleges. Results of obese or overweight respondents was compared to factors like diet and physical activity. We also inquired from the Over-weight or Obese respondents if whether they are aware of the side effects and consequences of them being over-weight or obese. Results A total of 72 male students and 35 female students responded to the questionnaire. It was found that 43 % of female students were either Overweight or obese while only 22 % of male students were overweight or obese. Obesity was less common amongst the students of higher year levels compared to the lower year level students with 8 % amongst 3rd and 4th year levels students while 22 % amongst the 1st and 2nd year level students. There was no significant difference in prevalence of Obesity amongst students of different colleges. 48% of the respondents of were either overweight or obese were aware of the consequences of their health. Conclusion We conclude from this study that Obesity is a significant problem in Saudi Arabia. We also conclude that females are more overweight or obese than males. We found that awareness is a big issue amongst the masses about the effect of their weight on their

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health and body. Further Work I aim to expand this study to High schools , other private and governmental colleges as well as to professional class in order to estimate the prevalence of Obesity amongst them and the level of awareness amongst them. I also aim to organize Obesity Awareness campaigns in Summer in order to educate common people on this problem.

