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

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Abstract

Objective: 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 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.

Keywords: overweight, obesity, body mass index, body fat, waist circumference, total cholesterol