

ABSTRACTS FOR ORAL PRESENTATIONS

Overweight: Its Associated Risk Factors and Health Related Conditions among Adults in Kampung Tiga Papan

Sia Ying Li, Elvira Juis, Jayaprakas Reddy, Affentos Sepen, Lam Peng Jane, Viniysaa Vijayan, Rihatul Wardah, Ivorenne Yvonne, Requina Peter, Muhammad Rouzan, Camillus Roland, Tharsyininair, Ajda Rusyda, Tamil Mullai

Faculty of Medicine and Health Sciences,
Universiti Malaysia Sabah, Kota Kinabalu,
Sabah, Malaysia

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Background: Malaysia has been ranked the fattest country in Southeast Asia. Overweight and obesity are the fifth leading risk factor for death globally in 2008. It may lead to increase of risk of non-communicable diseases such as cardiovascular diseases, diabetes, cancer and hypertension.

Objectives: This research aimed to determine the prevalence of overweight and association of overweight with sociodemography, lifestyle as well as its health related conditions of adults in Kampung Tiga Papan. **Methods:** Cross-sectional analytical study was used to achieve our specific objectives. A total of 199 adults aged 18 years and above in Kampung Tiga Papan had been recruited by non-probability sampling method. Sociodemographic data and lifestyle adopted were obtained via validated questionnaire, the BMI status of respondents were calculated, blood pressure was measured and DASS-21 score was used to assess mental health of the respondents.

Results: There are 118 (59.3%) respondents categorized into overweight group (BMI>23 kg/m²) and 130 (65.3%) respondents are having abdominal obesity (Waist-hip ratio: male>0.9 and female>0.8). There are significant association between gender, household-income, alcohol status and preference of food and BMI status. Besides, there are significant association between gender, household income, alcohol and smoking status and significant increased risk of hypertension in overweight group. **Conclusion:** Overweight is associated to some sociodemographic and lifestyle factors. It helps to target high risk population and community intervention can be done to reduce the prevalence of overweight.

