

# 7<sup>th</sup> Obesity & Endocrinology Specialists Congress

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## The determinants of obesity among students of the University of Venda, Limpopo Province of South Africa

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**Background:** Obesity is a serious public health issue; recognized as a global epidemic by the World Health Organization (WHO, 1998).

**Purpose:** The purpose of the study was to describe the determinants of obesity among students of the University of Venda.

**Methodology:** The design of the study was a quantitative correlational survey. Instrument for data collection was a questionnaire. Simple random sampling and systematic sampling methods was used to select the participants. The data were analyzed using statistical package for social science (SPSS), version 22. Descriptive analyses were performed to show frequency distributions. Chi square test was used to compare relationship between obesity and socio-demographic; dietary and environmental variables among students.

**Results:** Overweight and obesity is prevalent among student population with 20% of the participants being overweight and 9.5% obese. Unhealthy eating practices were found among the participants. There was statistical significant difference in BMI between male and female gender with female (66%) being more obese than male (34%). In terms of socio-demographic variable this study found gender and age of participants as important factor of overweight and obesity.

**Conclusion & Recommendations:** Regular nutrition education campaign needs to be carried out in the University in order to motivate more healthy food choices. Also, moderate to vigorous physical activities (MVPA) is recommended.

### Biography

Aghanenu Godfrey Chukwudi has completed his Master of Public Health (MPH) from the University of Venda, Limpopo Province of South Africa.

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