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Central obesity and associated factors among urban adults in dire dawa administrative city, Eastern Ethiopia**Ephrem Israel***Senior public Health Expert, Dire Dawa, Ethiopia*

Background: Central obesity (CO) is a medical problem in which extra fat is accumulated in the abdomen and stomach extent that it may harm health. Furthermore, previous studies in Ethiopia predominantly relied on body mass index used to measure obesity and do not show distribution of fat. However, there is a paucity of information on the measurement of central obesity using waist circumference and associated factors in Ethiopia particularly in the study area. Hence, the purpose of this study is to assess the prevalence of central obesity and associated factors among urban adults in Dire Dawa, administrative city, Eastern Ethiopia.

Methods: A community-based cross-sectional study was conducted among 633 adults in selected kebeles of administrative city from October 15 to November 15, 2020. A multistage and systematic sampling procedure was used to select study participants. Central obesity is defined as a condition with waist circumference ≥ 83.7 cm for men and ≥ 78 cm for women with or without general obesity (GO). Odds ratio along with 95% confidence interval was estimated to identify factors associated with central obesity using multiple logistic regression analysis.

Result: The overall prevalence of central obesity was 76.1%; at 95% CI (73%, 80%). Associated factors of central obesity were age 45 years and above [AOR = 3.75, 95% CI (1.86, 7.55)], being female [AOR = 2.52, 95% CI: (1.62, 3.94)], alcohol consumption [AOR = 2.61, 95%CI: (1.69, 4.05)], physical inactivity [AOR = 2.05, 95% CI: (1.23, 3.42)], and two hour and more time spent on watching television [AOR = 3.30, 95% CI: (1.59, 6.82)].

Conclusion: The study shows central obesity was high in the study area. Age 45 years and above, being females, married, physically inactive, alcohol consumption, and spending a long time watching television was associated with central obesity. Having regular physical activity, limiting alcohol drinking, and limiting time spent watching television were recommended to prevent central obesity and associated risk among adults.

Keywords: Central obesity, Prevalence, Associated factors, Eastern Ethiopia.

Biography

I was born in 1986 G.Cinkokosa District, East Arsi, Oromia regional state of Ethiopia. I have completed my elementary School in Gutu primary school, kokosa (GPS). I have attended my Secondary school in kokosa senior secondary School (KSS) and Preparatory school in Dodola School (DPS). After completion of my Preparatory School I have joined Haramaya University by the year 2006 G.C. At Haramaya University. I have studied Public Health officer. I got my first BSC degree in Public Health from Haramaya University on oct, 2009. My cumulative CGPA was 3.0 in Degree and Graduated from Dire Dawa University by Master of Public Health in Nutrition with CGPA was 3.78 with A+ Excellent research thesis. Currently I am serving as clinicians at Dire Dawa Administration and senior public Health Expert, Dire Dawa, Ethiopia.

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