The association of Age and Gender with BMI of Obese Subjects in Pakistan

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Article Info

Abstract

Obesity is a rapidly increasing public health problem globally associated with chronic diseases like type-II diabetes and cardiovascular diseases. The aim of current study was to find the association among age, gender and BMI of Obese individuals residing in Lahore, Punjab, Pakistan. This cross-sectional study was carried out in Jan 2021. Data was collected through an electronic questionnaire. A total of 868 individuals of age 18 years to 60 years (84.3% females and 15.7% males) participated in current study. Non-stratified, random sampling was done. Anthropometrics; weight, height, and age were taken in kilogram (kg) centimeter (cm) and years, respectively. The standard equation to calculate BMI was used (weight in kg/height in m²). WHO BMI cut points for Asians were used to assess the BMI status. Statistical analysis was carried out through Microsoft Excel and SPSS. Prevalence of obesity was 17.2% (12% type I obesity, 2.6 type II and type III obesity), 15.1% participants were overweight, 22.7% underweight, and 44.9% were normal. Prevalence of underweight, overweight, type I, II, and Type III obesity were more in females (20.6%, 12.3%, 9.2%, 2.3%, 2%) than males (2.1%, 2.8%, 2.8%, 0.3%, 0.7%) and a positive association was found (p-value <0.05). The highest prevalence of underweight, overweight, type I, type II, and Type III obesity was observed between age group 19-21 years (11.1%, 7.3%, 7.4%, 1.5%, and 2.1%), and a positive association was observed (p-value <0.05). These results will help develop public health programs and preventive measures to reduce the prevalence of these risk factors against obesity and non-communicable diseases.