

A Study to Assess the Occurrence of Obesity and the Life Style Pattern among Working Women at RMMCH, Chidambaram

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Abstract: This paper presents a study to assess the occurrence of obesity and the life style pattern among working women at RMMCH, Chidambaram.

Keywords: Obesity, Life Style Pattern

1. Introduction

“The human spirit is stronger than anything that can happen. It’s not the years in your life that count. It’s the life in your years.” (Abraham Lincoln).

Obesity is a condition in which there is an Excessive accumulation of fat in the body. Traditionally, this was believed to be associated with affluent lifestyles in the west. However, obesity is a fast growing problem in developing countries and is now known to be associated with increased health risks. Several studies in India have shown that changes in dietary pattern, physical activity levels, lifestyles associated with affluence and migration to urban areas are related to increasing frequencies of obesity and the risk of diseases such as coronary heart disease and diabetes. A part from dietary errors and excesses, the lack of regular physical exercise among urban middle class persons with sedentary occupation is a major contributor to overweight and obesity. In many developing countries, with increasing urbanization, mechanization of jobs and transportation, availability of processed and fast foods, and dependence on television for leisure, people are fast adopting less physically active lifestyles and consuming more “energy-dense, nutrient-poor” diets. Because of urbanization and modernization, our lives are becoming more sedentary and less physically active than before. Urbanization involves changes in occupation patterns, lifestyles, family structures and value systems. These changes have an impact on dietary practices and the level of physical activity.

2. Back ground for the study

The process of urbanization automatically brings with it changes in the activity pattern. Still in India the level of urbanization is comparatively very low. There is much scope for increasing urbanization concentration of population in larger cities. Again globalization plays an important role in modernization and sedentary lifestyles. Globalization has made

vegetable oils cost cheaper the activity of fats greatly increase the fat consumption all over the world.so in future obesity is like to emerge as a challenging problem for India. Though the pattern of obesity is still in the early stages in India compared to western countries, it nevertheless needs to be tackled aggressively before it assumes a serious epidemic proportions. There for, there is a need to sensitize the public and policymakers about the problem of obesity looking large in India in future, as prevention is better than cure.

3. Need for the study

The WHO recently stated that “the growth in the number of severely Overweight adults is expected to be double than underweight during 1995-2025” (WHO, 1998b). Also, numerous studies have corroborated the relationship between weight gain (BMI of at least 30) and increased risk of death.

Obesity is increasing at an alarming rate throughout the world and has become a Global problem.

The World Health Organisation (WHO) has declared overweight as one of the top 10 health risks in the world and one of the top five in developed nations (WHO,2002).

4. Objectives of the study

- To determine the occurrence of obesity among working women at RMMCH, Chidambaram.
- To assess the lifestyle pattern of working women at RMMCH, Chidambaram.
- To find out the association between occurrence of obesity and life style pattern. with selected demographic variables like education, income and family history of obesity.
- To prepare a module on life style modification to manage obesity

5. Hypothesis

There is a significant association between the occurrence of obesity and life style pattern of working women’s.

There will be association between patients with selected demographic variables like age, sex, education occupation economic status, habits, dietary pattern and preexisting systemic diseases and occurrence of obesity.

6. Sampling technique

Convenient sampling technique was adopted to select the sample for the study.

A. Sample size

A total of 100 women working at RMMCH were selected for the study.

B. Inclusion Criteria

- Women working at RMMCH Chidambaam.
- Working women who were willing to participate
- Women who were able to understand Tamil and English
- Women who were in the age group of 25 yrs and above.

C. Exclusion Criteria

- Women who were not willing to participate
- Patient who did not know Tamil @English
- Women who were below 25 yrs of age.
- Women who were pregnant.

D. Tool

- 1) A structured questionnaire was used to find out the demographic data for working women's.
- 2) A standard BMI scale was used to categorize the working women health status.
- 3) A standard tool was used for assessing the lifestyle pattern among the working women.

7. Materials and method

A descriptive design was selected for the study. The working women were selected using convenient sampling technique. The consent was obtained from each person. Study was conducted using the structured-interview questionnaire and obesity assessment tool for a period of 20 minutes based on the convenient of the staff. After conducting the structured interview questionnaire self-instructional module given about the obesity prevention and management.

8. Result

The descriptive and inferential statistics were used to compute the data. The statistics showed the following results.

- 1) Based on the body mass index normal weight women are 41%, overweight women are 45% and obesity level 13%. Based on the waist hip ratio 100% women were in risk.
- 2) Based on the diet 70% women followed mixed diet and 40% were used non vegetarians twice a week, 100% were using vegetarians daily. 40% were using coconut oil and sunflower oil. 70% were having the habit of eating food from outside in once in week. 50% were including sweets in the diet.
- 3) Based on the eating pattern 60% were taking meals regularly and 90% were having the habits of eating the snacks between meals.
- 4) Based on the activity 70% women were doing the

continuous activity, 50% were having the servant for doing the house hold work, and 80% were not having the habit of doing exercises, 50% were sleeping during the leisure time.

- 5) Based on the stress and medication 40% women were skip the meals during the time of tensed up. 90% women were not taking any medication continuously and 10% only undergone surgery, 80% were not taking any measurement for reducing weight.
- 6) There is statistically significant association between family history of obesity and use of egg in diet. There is no significant association between age, domicile, non-communicable diseases, preparation of meals, and use of oil.

9. Nursing implications

The implications of the findings have been discussed in relation to nursing service, nursing education, nursing research and nursing administration.

A. Implications of the study

Nurses play an important role in promotive, curative and preventive aspects of health care system. Nurses should provide STP for the hospital and community. The field of pediatric nursing has great responsibility to protect the health of women. The nurses working in the hospital should provide health education besides they should do planned-teaching apart from incidental teaching. Nurses should make the women awareness about the diet cause for obesity and importance of physical activity for prevention of obesity. The implications of the study can be discussed under four broad areas,

- 1) Nursing service
- 2) Nursing education
- 3) Nursing research
- 4) Nursing administration

10. Recommendations

Based on the findings of the present study the following recommendations are made:

1. A similar study can be conducted to assess the occurrence obesity and life style pattern for women.
2. A similar study can be done by using other teaching strategies i.e. video teaching, comic books, audio cassette etc.
3. An experimental study can be conducted by using a structured-teaching programme on the prevention of obesity.
4. This study can be replicated using a large sample to validate the findings and make generalizations.
5. Obesity is increasing at an alarming rate throughout the world and has become a global programme.
6. The WHO has declared overweight as one of the top health risks in the world.
7. Pharmaceuticals are producing the more obesity reducing

medications.

Morbidity rates are increasing due to risk factor for obesity

11. Conclusion

The present study assessed the occurrence of obesity and the life style pattern of working women. Based on the BMI status 45% women are overweight and 13% women are obese. Family history and use egg in diet are influence the cause for obesity.

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