

Prevalence of Dieting and associated Health effect among Hostel Girls of Muhammad Medical College

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Abstract:

Background: The high prevalence of obesity in modern societies is a major public health problem and is rising day by day. Obesity imposed some chronic diseases with feeling of low Self - esteem and negative body image. Prevalence of obesity is high among all age groups but it is two to three times higher among 20 years age group. Negative body image initiates young adults on dieting and unhealthy eating behaviors to lose weight. Thus dieting is becoming a common phenomenon among university students to achieve their desirable body weight. To assess the prevalence of dieting and associated effect current study was carried out among the medical students.

Methodology: A cross sectional descriptive study was conducted among hostel girls of Muhammad Medical College in June-August 2014. 108 girls filled a questionnaire and data was entered and analyzed by SPSS version 16.

Results: 41% were dieting. The most frequent reason for dieting was to reduce weight to get smartness as reported by n=29(64%). Different health related issues were reported n=36(80%) feel weakness, n=12(26.6%) feel dizziness, n=29(66.4%) from constipation & n= 11(24.4%) suffered from diarrhea, n=11(24.4%) have disturbed menstrual cycle & n= 28(62.2%) have irritative behavior due to dieting, n=29(66.4%) felt backache, n=34(75.5%) felt headache, n=37(82.2%) have mental problems, n=4(8.88%) felt lack of concentration during lectures due to dieting.

Conclusion: Our study reported high number of hostel girls were dieting with multiple health hazards.

Key Words: Dieting, Weakness, Female Medical students.

Introduction:

More than one-third (34.9% or 78.6 million) of U.S. adults are obese¹. BMI, however, is not a perfect measure of body fat.² It is highly correlated with body fat but does not account for differences in distribution of body fat or differences between race/Hispanic origin groups, sex, and age. Different sex, age, and race/ethnicity groups may have different body fat at the same BMI.^{3,4} For example, some research suggests that Asians may have more body fat than whites, especially at lower BMIs.⁵ Risk of morbidity and mortality may not be completely captured by BMI.⁶ Given concerns that health risks begin at a lower BMI among Asians compared with others, some Asian countries have adopted lower cut points of BMI to define overweight or obesity,⁷ and although WHO has recommended continuing to use the standard cutoffs for international comparisons, a WHO expert committee has recommended lower cutoffs for Asians as points for "public health action."⁸

Methodology:

A cross sectional descriptive study was conducted

among hostel girls of Muhammad Medical College in June-August 2014. After taking the informed consent of all 108 girls, a questionnaire was administered to collect information demographic, socio-economic status, practices of dieting and associated risk factors. Data was entered and analyzed by SPSS version 16.

Results:

Among total n=45(41%) respondent were practicing the dieting which was more frequent n=30 (66%) in age group 19-22. The most frequent reason for dieting was to reduce weight to get smartness as reported by n=29 (64%). Different health related issues were reported n=36(80%) feel weakness, n=12(26.6%) feel dizziness, n=29(66.4%) from constipation & n= 11(24.4%) suffered from diarrhea, n=11(24.4%) have disturbed menstrual cycle & n= 28(62.2%) have irritative behavior due to dieting, n=29(66.4%) felt backache, n=34(75.5%) felt headache, n=37(82.2%) have mental problems, n=4(8.88%) felt lack of concentration during lectures due to dieting.

Discussion:

According to NHANES data in 2003-2004, 66.2% of U.S. adults 20-74 years old were either overweight or obese, 33.4% were overweight and 32.9% were obese. More recent data from NHANES show no significant changes in the prevalence of obesity for either men or women between 2003-2004 and 2005-2006⁹. The WHO estimates that in 2005 approximately 1.6 billion people worldwide were overweight and that at least 400 million adults were obese¹⁰.

At any given time, approximately 45 percent of women

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and 30 percent of men in the United States are trying to lose weight¹¹. This is consistent with our figure of 41%.

Conclusion:

Our study reported high prevalence of dieting multiple health problems were identified including headache, weakness, backache, constipation, disturbed menstrual cycle, irritative behavior, diarrhea, lack of concentration during lectures. So it is recommended that dieting practices should be conducted under the supervision of dietitian to avoid the undesirable effects.

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