KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING OBESITY IN GENERAL POPULATION OF LUCKNOW

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ABSTRACT

Background: The rising level of obesity has been called the most urgent challenge to public health for the 21st century. While many social institutions should be involved in addressing this problem, though prevention and self awareness have an important role in identifying and managing obesity. Aims & Objective: To assess and compare the knowledge, attitudes and practice regarding obesity among general population of Lucknow. Material and Methods: A cross-sectional survey has recruited a randomly selected sample of population of Lucknow. A structured self-administered questionnaire was used to collect data from 300 participants. The questionnaire had four main parts: personal data, knowledge, attitude and practice. Results: This KAP screening indicates that 78% of the subjects have poor knowledge about obesity. 5% have good knowledge. This indicates that by and large the population may be at a high risk of obesity due to the following reasons: (1) Lack of knowledge about the disease (2) No awareness about the risk factors. Conclusion: The general population needs to trained and make them aware regarding obesity and its prevention and management.

KEYWORDS: Obesity, Knowledge, Attitude, Practice.
INTRODUCTION

Obesity is increasing at an alarming rate throughout the world.\cite{1} The rising level of obesity has been called the most urgent challenge to public health for the 21st century.\cite{2} The World Health Organization (WHO), despite its historical focus on malnutrition, has recognized the problem of obesity. The organization called for urgent action to combat the growing epidemic of obesity, which now affects developing and developed countries alike.\cite{3} Today it is estimated that there are more than 300 million obese individuals in the world.\cite{1} In general, obesity is associated with a greater risk of disability and/or premature death due to type 2 diabetes mellitus, cardiovascular diseases such as hypertension, stroke and coronary heart disease, gall bladder disease, certain cancers (endometrial, breast, prostate, colon) and nonfatal conditions such as gout, respiratory conditions, gastro-esophageal reflux disease, osteoarthritis and infertility. Obesity also carries serious implications for psychosocial health, mainly due to societal prejudice against fatness.\cite{4}

AIMS AND OBJECTIVE

To understand knowledge, Attitude & Practice regarding Obesity in general population of Lucknow city and simultaneously assess the risk factors for it and spread awareness regarding Obesity prevention and management to population Study site: The study was conducted door to door in randomly selected houses of different locations of Lucknow.

Study period: The study was conducted for a period of 3 months (June 2015-August 2015).

Study criteria

- Inclusion criteria: Participants with age 25 years and above were included in the study.
- Exclusion criteria: Participants having chronic disease, those who are on medications for long time, Bed-ridden patients & those who are not willing to participate in the study.
- Patient consent: Women were explained regarding the study and their consent was taken.

MATERIALS AND METHOD

The materials used were

1. Informed consent form: With the help of informed consent form subjects were included in the study. This includes the title of the study and details of the study. Study was explained to the subjects and their consent was taken.
2. Obesity questionnaire: This questionnaire contains 45 questions in which 20 questions are based on the knowledge, it tells us how much knowledge the participant has towards obesity,16 questions are based on modifiable and non-modifiable risk factors and the other 9 questions tells us about the risk factors might be able to change.

The present study was conducted in conveniently selected houses where 300 participants were selected depending on the inclusion criteria. The study was explained to them, written consent was obtained and confidentiality of data was assured to them. Participants were assessed for their knowledge, attitude towards obesity with the help of a questionnaire.

Modifiable risk pertaining to diet and exercise and non-modifiable risk like age, family history, and disease conditions were identified. Patient counselling was given to all with low, high and moderate risk with the help of necessary tools like power point presentations and patient information leaflets to increase their knowledge, attitude, practice towards obesity. The detail regarding the results obtained from study was evaluated.

RESULTS AND DISCUSSION

Knowledge Attitude and Practices: In case of each KAP form, the correct answers were counted and the scores were categorized in three scales of 0 to 5, 6 to 10 and 11 to 20 (Table-1).

Table 1: Demographic data of the Obese

<table>
<thead>
<tr>
<th>Age in years</th>
<th>Obesity Questionnaire</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0-5 (Poor)</td>
</tr>
<tr>
<td>25-34 (n=43)</td>
<td>36(83.72%)</td>
</tr>
<tr>
<td>35-44 (n=60)</td>
<td>45(60%)</td>
</tr>
<tr>
<td>45-54 (n=91)</td>
<td>77(84.61%)</td>
</tr>
<tr>
<td>55-64 (n=56)</td>
<td>40(71.42%)</td>
</tr>
<tr>
<td>65-74 (n=38)</td>
<td>26(68.42%)</td>
</tr>
<tr>
<td>75 and above (n=12)</td>
<td>10(83.33%)</td>
</tr>
<tr>
<td>Total(n=300)</td>
<td>234(78%)</td>
</tr>
</tbody>
</table>

The base line KAP screening indicates that 78% of the subjects have poor knowledge about obesity. 5% have good knowledge. This indicates that by and large the population may be at a high risk of obesity due to the following reasons: Lack of knowledge about the disease and No awareness about the risk factors.

This study examined the knowledge, attitude, and practice in obesity among general population of Lucknow. The present results indicated deficiency in knowledge regarding
obesity, especially at a basic knowledge. The present study shows that majority of the people are not aware of some diseases that provoked by obesity like colonic cancer as well as the predisposing factors for obesity like antidepressant drugs. This deficiency in knowledge reported by this study agreed with several studies that have shown that people’s knowledge about obesity is incomplete and thus expresses the need for clinical awareness and supplementary training in obesity prevention and management as a part of continuous medical education training.\[5,6,7,8\]

**CONCLUSION**

The general population needs to trained and make them aware regards obesity and its prevention and management.

**REFERENCES**


