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## *Socio-demographic indices of health workers in a tertiary health institution in Nigeria*

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### Abstract

**Objective:** To determine the prevalence and pattern of obesity among health workers in LUTH, Lagos. Nigeria.

**Methods:** A cross-sectional survey was conducted in sample of 200 Nigerian adults in LUTH, Lagos. Bodyweight, height, waist circumference and blood pressure were measured using standard methods. Overweight and obesity were defined according to the World Health Organization classification. Central obesity was defined according to guidelines of the International Diabetes Federation.

**Results:** The mean age of respondents was  $33.6 \pm 11.2$  years. A total of 106 (53.0%) respondents were females while 94 (47.0%) of the respondents were males. The mean BMI and waist circumference were  $23.1 \text{ kg/m}^2$  and 77.2 cm, respectively, for men and  $23.5 \text{ kg/m}^2$  and 79.6 cm, respectively, for women. The overall prevalence of obesity was 9.0 % and the prevalence was higher in females (15.7%) than in males (4.4%) and the difference was statistically significant ( $P < 0.05$ ). The overall prevalence of overweight and obesity was 38.1%. The prevalence of central obesity was 4.6% in men and 20% in women. Subjects who took much salt in their meals were three times more likely to be obese (Odds Ratio =3.479,  $P = 0.001$ ) and those with hypertension were four times more likely to be obese (Odds Ratio =4.308,  $P = 0.001$ ). Lifestyle factors were the most important risk factors to explain the differences in overweight and central obesity between males and females.

**Conclusion:** This study concluded that the prevalence of obesity is on the increase and lifestyle risk factors are contributory. Lifestyle may be the main reason for differences in the prevalence of overweight and obesity among health workers.

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