



Applicant Information

Applicant Name	Applicant Email	Affiliation	Country
Ms Emmanuella Godwilmann	ellagodwilmann@gmail.com	Fred Newton Binka School of Public Health	Ghana

Abstract Details

Title:

Level, Trends, and Factors Associated With Obesity among Women in Ghana, 2003-2022

Category:

Non-communicable diseases including mental health

Authors:

Emmanuella Enam Godwilmann, Mawuli Komla Kushitor, George Wak

Objectives:

Obesity is one of the major public health problems contributing to the global disease burden. It accounts for 2.8 million deaths yearly. Ghana has experienced a rise in obesity over the past decades, especially among women. This study investigated levels, trends, and factors associated with obesity among women in Ghana.

Method:

This study utilized data from the 2003, 2008, 2014, and 2022 Ghana Demographic and Health Survey. The analysis involved women aged 15-49 years. Using tables and graphs, the level and trends of obesity were displayed for easy comprehension. Multilevel Poisson regression was performed to ascertain factors associated with obesity.

Results:

Overall, the results revealed the level of obesity to be 14.1%. Obesity rate increased from 8.7% in 2003 to 18.8% in 2022. Factors that were associated with obesity include place of residence, level of education, Region, socioeconomic status, and age group. Specifically, women in rural areas [aRR=0.806; CI (0.761-0.854)] are less likely to be obese compared with their counterparts who reside in urban areas. Women in the richest quintile [aRR=4.56; CI (4.045-5.142)] and those aged 40-44 [RR=9.665; CI (5.185-18.016)] had higher odds of being obese.

Conclusion:

The study revealed an increasing trend of obesity among women in Ghana. However, the analysis was limited to the variables available in the dataset. These findings underscore the need for targeted interventions addressing obesity among women, to achieve the United Nationsâ€™ Sustainable Development Goal 3 â€œGood Health and Well-beingâ€.

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