

**BODY WEIGHT ISSUES AMONGST UiTM STAFF :
CONTRIBUTION OF PHYSICAL ACTIVITY, DIET,
SMOKING AND SLEEP**

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ABSTRACT

Introduction: Overweight and obesity are weight issues which is one of the most common problems faced by many people including Malaysians. Obesity is the accumulation of too much fat in the body which causes harm to health and life. In Malaysia, the study on the weight issues among adults especially among educated people is very limited. Therefore, this study is done to evaluate the incidence of body weight issues in Malaysia, specifically among the staff of a few faculty in UiTM Selangor, Kampus Puncak Alam.

Objectives: This study was aimed to determine incidence of body weight issues amongst staffs and to determine whether smoking habits, lack of physical activity, diet and sleep patterns affect body weight.

Methods: This is a cross-sectional study because it covers a selected sample of population. An adapted questionnaire was distributed to 130 staff from Faculty of Pharmacy, Faculty of Health Science and Faculty of Business Management, UiTM Puncak Alam. The staff were asked to fill in the questionnaire by themselves. It was a self-administered written questionnaire in English and Malay. Then, their Body Mass Index (BMI), visceral fat and Waist to Hip Ratio (WHR) were measured using body fat analyzer.

Results: Majority 38.5% (n=50) of the respondents, which are staff from the Faculty of Pharmacy, Faculty of Health Science and Faculty of Business Management have normal BMI and the least number 2.3% (n= 3) of respondents is underweight. The majority (55.8 %) of respondents have normal level of visceral fat (1-9), and least (21.7%) of respondents have high level of visceral fat (10-14).

Conclusions: In conclusion, physical activity, diet, smoking and sleep was not associate with the body weight issue such as overweight and obesity.

CHAPTER 1

INTRODUCTION

1.1 Background of study

Overweight and obesity are weight issues which is one of the most common problems faced by many people including Malaysians. Obesity is the accumulation of too much fat in the body which causes harm to health and life (World Health Organisation, 2016). Being overweight or obese affect the quality of life (QOL) of a person and cost of health care. A person who has a body mass index (BMI) above 25 kg/m² is considered as overweight, while a BMI above 30 kg/m² is considered as obesity. The prevalence of obesity has increased with the years. Prevalence of obesity in Malaysian adults has increased from 5.5% in 1996, 12.2 % in 2003, 12.3% in 2004 and 14% in 2006. Women have a greater risk of being overweight and obese compared with men, and adults aged 40-59 years old are at the highest risk of being overweight and obese (Khambalia and Seen, 2010). Globally, for adults aged 18 years old and above in

2014, 39% were overweight while 13 % were obese. In 2014, the mean BMI of the world's population was 24 kg/m² . Nowadays, the prevalence of obesity is increased at any age including amongst teenagers and children. (WHO, 2016).

According to National Heart, Lung and Blood Institute, there are two major factors contribute to obesity, which are lack of energy balance and genetic factor. In order to maintain ideal weight and normal BMI, the energy balance must be normal. The 'total energy