

# Knowledge and Attitude on Obesity and Weight Loss Therapy

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**Abstract: Background:** Most previous research has focused on understanding about obesity and weight loss therapy. The primary objective of the study was to explore knowledge and attitudes of students towards obesity and weight loss therapy.

**Method:** A questionnaire based study was carried out among dental students in Mamata Dental College. The questionnaire was designed to assess knowledge and attitudes about obesity and weight loss therapy.

**Results:** Overall 200 Men and Women in BDS Interns, Final and 3rd year were included in the study. The mean age of the students was 22 years.

**Conclusion:** From the study conducted on obesity and weight loss therapy, it is clearly understood from the results obtained is most of the students are aware of obesity and weight loss therapy.

**Keywords:** Attitude, Knowledge, Obesity and Overweight.

## 1. Introduction

Overweight and obesity are defined as abnormal or excessive fat accumulation in the body that may affect health. The prevalence of overweight and obesity in children is increasing worldwide and currently one child in 10 is overweight or obese. Overweight and obesity are now considered as very important risk factors for many chronic diseases which exploits the high cost of medical care.

In lower to middle income countries obesity co-exist with under nutrition where most overweight and obese children are being pointed out in developed areas and results in serious local and psychological impacts.

Africa is experiencing a shift from underweight to overweight along with rapid socio-economic and nutrition transition particularly in their urban population. The change in body comes with increased access to energy dense foods and jobs with less physical activity resulting in many people having a positive energy balance and hence becoming overweight or obese.

## 2. Methodology

A questionnaire based survey was conducted among 200 dental students in Mamata Dental College, Khammam from 15

01-2020 to 20-01-2020. A self-structural questionnaire was prepared and distributed among 3rd, 4th and Interns of Mamata Dental College. The questionnaire included demographic data, knowledge and attitude testing of obesity and weight loss therapy. After explaining the objectives, written consent was obtained from each student and they were requested to complete the questionnaire. Inclusion criteria were 19-25 years of age of all 3rd, 4th Year and Interns present on the day of survey work were included. Students who were absent during the day of survey and not willing to participate were excluded.

## 3. Statistical analysis

Statistical analysis was done by using SPSS descriptive statistics were performed. A chi square test was used to find the association among the categorical variables.

## 4. Result

The Study was conducted among 200 students of which majority (82.6%) were females. Majority (40.3%) were Interns. 4th years are about 28.4%. 3rd Years are about 31.3%.

Table 1  
Based on Gender

	Frequency	Percent
Male	35	17.4
Female	166	82.6

Table 2  
Based on Year of Study

	Frequency	Percent
3rd Year	63	31.3
4th Year	57	28.4
Interns	81	40.3

Table 3

	Frequency	Percent
Low Carbohydrate and healthy foods	26	12.9
Gym and Yoga	43	21.4
Liposuction	15	7.5
Regular Exercise	25	12.4
All the above	92	45.8

In the above table majority 45.8% people say that all the above are the best weight loss therapies. But 7.5% people think liposuction is the best weight loss therapy.

Table 4

	Frequency	Percent
<b>Yes</b>	138	68.7
<b>No</b>	63	31.3

In the above table 68.7% people say that Gym is for healthy lifestyle, but 31.3% people think gym is not done routinely.

Table 5

	Frequency	Result
<b>Ayurvedic</b>	8	4
<b>Surgical</b>	11	5.5
<b>Weight loss pills</b>	12	6.0
<b>Physical workouts</b>	119	59.2
<b>Diet</b>	51	25.4

In the above table majority 59.2% are interested in physical workouts weight loss therapy and least 4% people are interested in ayurvedic weight loss therapy.

Table 6

	Frequency	Percent
<b>Healthify me</b>	34	16.9
<b>Nike Training Club</b>	5	2.5
<b>Instagram</b>	11	5.5
<b>Both a &amp; b</b>	151	75.1

In the above table majority 75.1% people know that both Healthify me and Nike training club are health apps but least 2.5% people think that nike training club is health app.

Table 7

	Frequency	Percent
<b>Yes</b>	103	51.2
<b>No</b>	97	48.3

In the above table 51.2% people faced obesity in lifetime. 48.3% people not faced obesity in life time.

### 5. Discussion

This study disclosed the prevalence and associated factors of overweight and obesity among dental students in Mamata Dental College. It also shows interest towards their health and fitness by using fitness apps and maintaining their health. Interest towards fitness and health confirms that they are aware of secondary diseases caused by obesity and overweight. From the above conducted survey people have shown more willingness with healthifying methods rather than crucial weight loss therapies through machinery. Though they are aware people are expecting more methods to healthify in a simple way. From the survey it says all about the link between financial position and health requirements. Very few people know that Heart attack, fatty liver, Hypertension are caused due to obesity.

### 6. Conclusion

The survey conducted on a limited dental students based on limit of sample size, we can conclude that most of the people are interested in healthifying themselves. In each and every aspect they knew but are least interested in diet plan to put into consideration. People should motivate themselves rather than forced by someone or motivated by other temporarily. It shows physical workouts help more than just a diet plan.

### References

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