

Description of the data named “Obesity survey in district A”

Title of the study: Prevalence of, and factors associated with obesity among residents in District A.

- ⇒ A cross sectional study
- ⇒ A total of 102 subjects, were randomly selected from District A.
- ⇒ Sociodemographic characteristics, presence of obesity, and level of knowledge related to obesity were surveyed.
 - ***Sociodemographic characteristics*** include age, gender, ethnic group, level of education and family income.
 - ***The presence of obesity*** was checked by measuring weight & height, then BMI was calculated. Then obesity status was recorded. In addition, smoking status and presence of heart disease were recorded.
 - ***Level of knowledge & attitudes related to obesity*** was explored by asking 5 knowledge questions, and 8 attitude questions. The total knowledge score can be minimum 0 to maximum 25, and attitude score can be minimum 0 to maximum 40.
 - In addition, ***duration of exercise (minutes/day)*** was asked and recorded.
- ⇒ An intervention was given to improve the knowledge & attitudes related to obesity in this District A and then, knowledge & attitude levels were measured for the second time (among the same sample) to determine the improvement.

The study objectives:

1. to estimate the prevalence of obesity
2. to estimate the level of knowledge & attitude related to obesity
3. to identify the factors (age, gender, ethnicity, level of education, family income, knowledge score, duration of exercise) which are associated with obesity
4. to identify the factors (age, gender, ethnicity, level of education, family income, duration of exercise) which are associated with knowledge related to obesity
5. to determine the change (increase, static or decrease) in the score of knowledge & attitudes related to obesity, after the intervention

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