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# OBESITY

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## DATA COLLECTION CONCEPT ON OBESITY

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## 1 Introduction

### 1.1 Background to the problem

It is quite surprising how many people in Uganda especially in Universities do not realize whether they are probably normal, overweight or obese. Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over 30 kg/m<sup>2</sup>, with the range 25-30 kg/m<sup>2</sup> defined as overweight.

Being obese or probably overweight has a number of agonizing side effects that can overwhelmingly affect the lives of such victims and these effects are majorly health related. Obesity increases the likelihood of various diseases and conditions, particularly cardiovascular diseases, type 2 diabetes, obstructive sleep apnea, certain types of cancer, osteoarthritis and depression. Obesity is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility. A few cases are caused primarily by genes, endocrine disorders, medications, or mental disorder. The view that obese people eat little yet gain weight due to a slow metabolism is not generally supported. On average, obese people have a greater energy expenditure than their normal counterparts due to the energy required to maintain an increased body mass.

#### 1.1.1 Problem Statement

The major agenda of this concept research paper is to identify the Body Mass Indexes (BMI) of various people and determine whether they are normal, overweight or obese. Body Mass Index is a simple calculation using a person's height and weight. The formula is  $BMI = \frac{kg}{m^2}$  where kg is a person's weight in kilograms and m<sup>2</sup> is their height in metres squared. A BMI of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9.

## 2 Aims and Objectives

### 2.1 Aim or general objective

To calculate the Body Mass Indexes of various people using data obtained from their heights and weights so as to determine if one is normal or obese.

### 2.1.1 Specific Objectives

- To determine the range of BMI among various age groups
- To identify some of the behavioral factors that lead to obesity
- To find solutions that will minimize the rate of obesity amongst various age groups

## 3 Research Scope

The target age group for this research concept paper will majorly be youths especially those at the University aged from roughly 18 to 26 years since students at these Universities are exposed to a wide range of food stuffs that greatly affect them.

## 4 Research Significance

This research will be of great significance to a point where we shall be able to identify the number of people who are probably normal, overweight or obese in a given location. We shall also get to know the various age groups that are affected and also the habits that result into one being obese.

Out the data collected, we shall be able to calculate Body Mass Indexes where by individuals will be able to know where they fall and probably act accordingly in order to live a healthy life free from the chronic illnesses that come along with one being overweight or obese.

## 5 Methodology

Quite a number of methods will be used while carrying out this research especially when collecting data like the names, age, height, weight and location. Interviews will come in handy especially when asking for names, ages and area of residence. Physical approaches may be used for example weighing a person to find out the actual weight and measuring a persons height. All this data collected will undergo Data Analysis where the Body Mass Index will be calculated using the weight and height.

## 6 References

- <https://www.nhs.uk/chq/Pages/how-can-i-work-out-my-bmi.aspx?CategoryID=51>
- <https://en.wikipedia.org/wiki/Obesity>