

# **Influence of Physical Activity, Dietary Habits, and Familial Factors among Overweight and Obese Women**

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The present study aims to compare the influence of lifestyle related factors among overweight and obese women. A questionnaire included Total Physical Activity (TPA), consumption of weekly food items etc., and family history of obesity, diabetic and heart diseases. Body mass index was calculated. This study was done at National Ayurveda Teaching Hospital, Borella. Age range between 18 - 55, and 129 volunteers participants were recruited. SPSS multiple response cross tabulation was done to analyze the data. Variables of leisure time physical activity and household chores were combined together and a separate variable was formed to analyze TPA. Causes of Sedentary Behaviour (SB), General dietary habits and influence of carbohydrate foods and fatty foods were analyzed. Family history of obesity was too analyzed. About 91% of participants showed sedentary physical activity level and only 8% of participants showed a light physical activity level. The results revealed on SB that only 5% of participants viewed TV more than 14 hours per week and a 3.3% of participants used computer more than 7 hours per/week also only 5. 8% of participants conversed more on telephone. More than 95% participants have had breakfast, lunch and dinner. Most frequent rice choice was 'samba' or 'Keera samba'. Wheat flour items were consumed for breakfast by 45% of the population. However the results revealed that obese participants have habits of consuming more biscuits/cakes (49.5%) than overweight participants (26.3%) and short- eats were too consumed more by obese participants (52.7%) than overweight (34.2%) participants. only 15.5% of participants consumed green leaves more than 3 days per week. Most frequent choice of dessert was "ice cream or pudding" and 66.7% of total participants consumed it. Obesity participants were more indulged (45.1%) in this habit than overweight participants (34.2%). Most frequent snack was biscuits (38%) than other types. Coconut oil usage was also more in the obese participants (69.5%) than overweight participants (63.2%). Butter, margarine, ghee etc. were not much used by the participants. 'Family history of obesity' found to be the highest (90.7 %) in this study population than the 'history of diabetic' (77.5 %) or the 'history of heart diseases' (74.2 %). Study participants (62%) link with the history of 'Mother and Maternal side' obesity. Physical activity is very poor among

our overweight /obese study participants. Women do not spend more time on TV or computer but sweet items were consumed more than the oily or fried items. Our study participants had more maternal side link to obesity. If the physical activity improved and reduction consumption of sweets items with change the rice to 'nadu' rice the risk of obesity would be minimized.

**Key words:** Physical Activity, Dietary Habits, Obesity, Overweight.

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