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Abdominal obesity and its association with selected risk factors of coronary heart disease in an adult population in the district of Colombo.

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The study revealed that the prevalence of abdominal obesity in the district of Colombo was 34.9 per 100 population (95 CI : 32.5-37.4) . Age specific prevalence was higher among females and was seen to increase progressively with increasing levels of urbanization in all age groups. Overweight was found to co-exist with abdominal obesity in 31.9 of the study population. The many correlates of abdominal obesity, age 34 years, residence in urban sectors and currently married status were the significant determinants of abdominal obesity. In addition, among females, religion was a significant determinant. In males a higher level of education and monthly household income were key determinant, signifying the association of abdominal with higher socio-economic status. Consumption patterns of selected food items and dietary practices were significantly associated with abdominal obesity. This study clearly demonstrated that waist circumference, is a simple practical tool that can be used in identifying such risk groups and would be a useful measure to be included in multiple risk factor surveillance programme.