

THE HEALTH RISKS OF GENERAL AND ABDOMINAL OBESITY IN JORDANIAN ADULTS WITH DIFFERENT GENDER AND AGE

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Background: The prevalence of obesity has increased dramatically over the last decade worldwide. Complications of obesity are serious and health determining. Type 2 diabetes, cardiovascular diseases, hormonal imbalance and metabolic disorders are just few examples.

Methods: A cross-sectional study was conducted on a total of 100 male and female subjects. Subjects completed a questionnaire that included questions about dietary habits, lifestyle practices and health status. Weight, height and waist circumference were measured. Total body fat % was assessed using bioelectrical impedance analyzer. Venous blood specimen was collected to measure HbA1c, total cholesterol, triglycerides, insulin and fasting blood glucose. Serum ghrelin and leptin was also analyzed.

Results: 40% of subjects were overweight and 27% were obese while 33% had a normal BMI. 50% of the subjects had a high waist circumference and about 57% of subjects had a high body fat percentage. Males had higher levels of TG, HbA1c % and fasting blood glucose and a lower level of HDL compared to females. Females had significantly ($p < 0.05$) a higher levels of leptin than males. Systolic and diastolic pressure increased significantly in older subjects.

Conclusion: Elevated total body fat percentage was associated with increased ghrelin levels which means people who have more body fat tend to have an increased appetite. On the other hand, higher BMI and waist circumference was associated with higher serum leptin levels however levels of leptin were still within normal levels.

Biography

Hadil S Subih, an Assistant Professor in Clinical Nutrition-Jordan University of Science and Technology. She is also a Clinical Nutrition Counsellor in King Abdullah University Hospital (KAUH)/Jordan. She got her PhD from Texas Tech University (2014). She finished her MA from New Mexico State University. Her research interest is the study of obesity, diabetes, cancer and nutrition-health biomarkers.

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