

THE EXTENT OF PREVALENCE OF
OBESITY AMONG FEMALE
UNIVERSITY STUDENTS IN CAIRO

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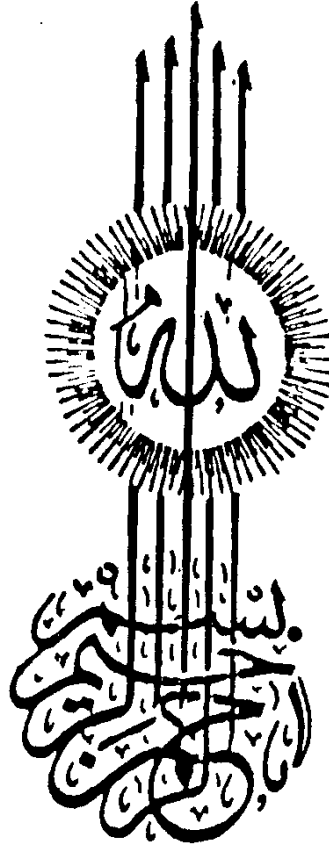
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أنت أنت العظيم الحكيم
• صدق الله العظيم •



THE EXTENT OF PREVALENCE OF OBESITY
AMONG FEMALE UNIVERSITY STUDENTS IN CAIRO

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GENERAL INTRODUCTION

GENERAL INTRODUCTION

Good nutrition for people of all ages, for health maintenance as well as for restoration of health, is an economic, political, and humanitarian concern, Robinson (1977). Unfortunately, millions of people in the world suffer from some degree of malnutrition as a result of ignorance or poverty, or both. Various governments and scientific authorities make great efforts trying to improve the nutritional status of the population by providing nutritional services and extending nutritional education and counseling programs.

Obesity is one of the most common nutritional disorders in present days especially in developed and fast developing countries, Passmore et al (1963) and Richards and de Casseres (1974) and it represents a serious health hazard. Its prevalence is increasing and it constitutes a major public health problem due to modern civilization and increasing urbanization, Whol (1964).

Obesity is the number-one nutritional problem in industrialized nations today due to the over accumulation of adipose tissue resulting from a prolonged positive energy balance Reed (1980). Depending on the criteria of diagnosis used, from a third to a half of the population in developed countries are obese, Office Of Health Economics (1969), Dwyer and Mayer (1970) and Powers (1980). However, obesity is more prevalent in developed than in undeveloped countries, Chrisatakis (1973) and Richards and de Casseres (1974).

The cost of obesity in terms of mortality and illhealth is well documented, Baird (1969), Robinson (1977), Powers (1980) and Reed (1980).

Obesity is also a physical handicap and obese people feel more uncomfortable during warm weather because of the thick layers of fat which work as an insulator and more effort must be expended by fat persons to do a given amount of work because of the increase in body mass. Because of their decreased agility, obese people are more susceptible to accidents. Fatigue, back-ache, and foot troubles are common complaints of the obese. However, excessive weight increases susceptibility to a number of diseases, such as gall bladder, gout, diabetes mellitus, renal disease, degenerative arthritis, hypertension arteriosclerosis and cardiovascular diseases, Davidson et al. (1979) and Hafen (1981).

Obesity may be considered to predispose to pulmonary emphysema and chronic bronchitis, since obesity is often associated with troubles in pulmonary ventilation. The hazards of surgery and of pregnancy and childbirth are multiplied in the presence of excessive adipose tissue, Whol (1964) and Robinson (1977).

Moreover, the cost in cash of obesity could be high. It could be as high as over £ 40 millions per year spent for example in Britain by obese people trying to get slim, Consumers' Association (1972) and the great majority of this money is wasted.