

Abstracts

Overweight/obesity is one of the major global public health problems that pose complex chronic non-communicable diseases. Cross-sectional study was conducted among students of the College of Sciences at Salahaddin University, Erbil, Iraq. Data was collected during April and May 2015. Data on overweight and association factors was analysed with SPSS version 22. A total of 342 students participated in the study, making a response rate of 100%. Age range was 18 to 27 years with mean age of 20.9 years ($SD \pm 1.72$). Females, those living in their homes, those in first birth order and overweight accounted for 219 (64%), 283(82.7%), 74(21.6%) and 86(25.2%) respectively. Home residence [AOR 2.80 95%CI: 1.21-6.44], first birth order [AOR 2.54, 95%CI: 1.39-4.67], married [AOR 2.34, 95%: 1.09-5.00] and fried food intake [AOR 2.38, 95%CI: 1.27-4.44] were strongly statistically associated with overweight/obesity. This study evidenced several factors related to overweight/obesity. These factors have public health importance to inform healthcare decision-makers to devise and implement overweight/obesity prevention strategies at the early stage of the human life cycle.

Keywords: Students, Overweight/Obesity, Eating Habits, Physical Activities, Salahaddin University.