Factors Contributing to Overweight and Obesity among College Students of Benguet State University

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Abstract

This study is designed to determine the factors contributing to overweight and obesity among college students at Benguet State University when grouped according to age, sex, living status, ethnic affiliation and BMI. It also looked into the reasons of overweight and obesity. This study was conducted at Benguet State University, La Trinidad, Benguet. In substantiating the study, a descriptive cross-sectional research method was employed in the data gathering. Structured questionnaires that went through series of pretest was personally explained and was conducted to the respondent after which the administration of questionnaire was followed through a quantitative guided questions. Face-to-face interview was facilitated after gathering the result of the quantitative guided questions. The findings revealed that the college students of Benguet State University have normal BMI, regardless of age, sex, living status, and ethnic affiliation. However, female respondents have greater number of overweight and obese of which, it was found in this research that male were engaged more in certain physical activities than females. The findings also revealed that the greatest contributing factor to overweight and obesity is diet. The respondents agreed that includes food offers in the nearby canteens such as fried as it lowers the metabolism of a person as it increases the reabsorption of the food that was eaten. The result of this study suggest the following recommendations: Information dissemination on the importance of maintaining normal BMI through IEC materials; also, the researchers of the study would like to suggest to the University Health Services to visit for evaluation of university's canteens food offers; and information dissemination on importance of

home prepared foods to eliminate dry or deep fried consumption in nearby canteens offers.; A wider space in the campus may consider for exercise such as zumba, tai chi, and taebo.

Conclusion and Recommendation

Conclusions

Based on the findings of this research study the following conclusions are preseted:

1. There is a low prevalence of overweight and obesity among Benguet State University.
2. Benguet State University learners have the same level of BMI when grouped according to sex, age, living status and ethnic affiliation. Living status and ethnic affiliation do not affect the factors of obesity and overweight. However, when compared to sex, there is an evident on increase BMI for female. Male are more engaged in physical activities as they exert more energy than female.
3. Benguet State University learners has high consumption of takeaways food like fried pork, chicken, fries and burger.
4. The correlation between the level of agreement on factors and BMI discloses that there is no significant correlation between level of agreement of the factors and BMI. This means that there is no association between the factors and the BMI of the respondents.

Recommendations

Based on the findings and conclusions of the research the following are recommended:

1. Information dissemination on the importance of maintaining normal BMI through Information, Education, Communication or IEC materials about the cause and effect of overweight and obesity to increase awareness has to be employed.
2. The University Health Services tis o visit for evaluation university canteens and inspect the food they offer.
3. Information dissemination on the importance of home prepared foods to vis-a-vis the dry or deep fried consumption that is being sold at the canteen in and off the campus.
4. A wider space in the campus may consider for exercise such as zumba, tai chi, and taebo.

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