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## Prevalence of overweight and obesity among female

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Overweight and obesity are defined as abnormal or excessive fat accumulation due to energy imbalance between calories consumed and calories expended due to biological, behavioral, social, and environmental and lifestyle factors which leads to impair health. Also, prevalence of them was increasing among adults during the past decade. Healthcare costs of obesity-related medical conditions such as: cardiovascular disease, cancers, diabetes, and stroke are thought to exceed \$190 billion per year. The aim of this study estimated prevalence of obesity among female students to adopt strategies to combat this problem and to decrease the risk. A cross-sectional study method was conducted among 129 participants at University community in 2017. Stratified proportional random sampling was and electronic structured questionnaire used for interviewing and observational checklist for body length and weight, and then calculated BMI for each participant after agreement and signature on structured consent. The data was analyzing used SPSS version 16. A descriptive statistics and Chi Square to test statistically significant. Shown that the prevalence of overweight and obesity were similar. Both equal to 24 %. Most of obese participants were single with highly significantly (P value 0.002), and they have high income and within age group 22-25 years. In addition, they were strongly associated with many risk factors. This study explored that the prevalence of both overweight and obesity among participants were similar and strongly associated with many risk factors.

## Biography

Hassanat Elbashir Mohammed Mustafa has completed PhD in medical surgical nursing in 2013 from Al Neelain University, Khartoum, Sudan. Assistance Professor, Medical Surgical Nurse/ Nursing collage, Nursing Practice Department Umm Al- Qura University /Saudi Arabia. She published more than 14 papers in international and local journals and book under process of printout

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