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Title: Overweight and obesity among employees of selected sedentary occupations in Gaborone, Botswana

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INTRODUCTION: The shift towards occupations that demand reduced energy expenditure is a common feature in urban areas. Botswana is one of Africa's most urbanised countries at present with over half (61.7%) of the population living in urban settlements. The results of surveys that have been conducted in Botswana have reported that overweight and obesity are higher in cities and towns than in rural areas. **PURPOSE:** The purpose of this study was to assess the prevalence of overweight and obesity among employees in selected sedentary occupations in Gaborone. **METHOD:** Multi stage probability sampling was used to select 51 worksites and 416 employees from the following economic activities: light manufacturing, electricity and gas, wholesale and retail, financial intermediaries, real estate renting and business activities, public administration and health and social work. Height and weight measurements were taken so as to establish the Body mass index (BMI) of employees. **RESULTS:** The results of anthropometric measurements showed that 27.5% of females were overweight compared with 25.5% of males and 33% of females were obese compared with 12.4% of males. Mean BMI values for females and males was 26.83 kg/m² and 23.64 kg/m² respectively. Step wise multiple regression analysis showed that females and age were positively and significantly correlated with BMI. **CONCLUSION:** Females are at risk of developing overweight and obesity because they are increasingly participating in the labour force. Therefore the country should carefully monitor the population's social distribution of overweight and obesity.