

A sampled Southern Nigeria population weight and adiposity report: a review

Abstract

Nigeria is the most populous country in Africa and the eighth most populous country in the world, yet there is a paucity of published research about its demography by Reed & Mberu, and especially, weight and adiposity distribution. This gap in information triggered this review. Obesity and overweight prevalence in young adult Nigerians has been grossly reported, generating the fear of decline in productivity of the working age group, due to health challenges resulting from overweight and dyslipidemia. Age and gender has significant influence on the body weights of population and could be considered during national health planning. Obesity and overweight prevalence in young adult Nigerians has been grossly reported, generating the fear of decline in productivity of the working age group, due to health challenges resulting from overweight and dyslipidemia. Thus, an urgent information generation and enlightenment on this should be seriously considered by the Health Ministry of Nigeria.

Keywords: obesity, overweight, cardiovascular diseases, diabetes, cancer

Volume 10 Issue 1 - 2020

Kingsley Chukwunonso AGU

Department of Medical Biochemistry, University of Benin, Nigeria

Correspondence: Kingsley Chukwunonso AGU, Department of Medical Biochemistry, School of Basic Medical Sciences, College of Medical Sciences, 300001, University of Benin, Benin City, Edo State, Nigeria, Tel +234(0)8035657035, Email Chukwunonso.agu@uniben.edu

Received: February 09, 2019 | **Published:** February 28, 2020

Abbreviations: WHO, world health organization; BMI, body mass index; BWD, body weight dissatisfaction

Introduction

According to Chinedu et al.,¹ the global adiposity challenges have increased the nutritional challenges especially with developing countries like Nigeria, resulting in serious grappling with the burdens of obesity, overweight and underweight. Unfortunately, most of the Nigeria population is not aware of this epidemiologic facts leading to conspicuously noticeable body weight abnormalities, also known as abnormal or unhealthy body weights with their associated adverse health outcomes including cardiovascular diseases, diabetes, cancer, physical deformations and mortality. This however, stimulated this brief review.

Nigeria population

Nigeria is the most populous country in Africa and the eighth most populous country in the world, yet there is a paucity of published research about its demography,² and especially, weight and adiposity distribution. Nigeria is the most populous country in Africa and the eighth most populous country in the world, with approximately 162 million people. Despite declining fertility, Nigeria's population is expected to continue to grow to 239 million by 2025 and 440 million by 2050 due to population momentum, making it then the 4th most populous country in the world,² raising the fears about the health of its people, especially, working age bracket i.e., 15 to 64 years.

Weight and adiposity distribution

Obesity has been reported to a serious global public health problem, especially, because researches have correlated it with decrease in quality of life,³ a predisposition to chronic diseases such as hypertension, diabetes, hypercholesterolemia and various dyslipidaemia, etc,^{4,5} and an increased susceptibility to infections

and diseases.⁶ The World Health Organization (WHO) reported the prevalence of overweight and obesity in adults living in sub-Saharan Africa to have exceeded 60% and 70% for men and women, respectively.⁷ Obesity and overweight prevalence in young adult Nigerians, diagnosed using body mass index (BMI) standards, is reported to be 20.7% (17.5% males; 24.8% females).⁸ Recent study of the same age-bracket using the same diagnostic tool reported a prevalence of 17% (13.0% males; 20.9% females).⁹ These figures are, however, obviously lower than the 29.0% and 45.1% prevalence reported in adult male and female Nigerians, respectively,⁷ simply because obesity increases with age,^{6,10} reported that the young adult population are a population of choice to target for obesity related health promoting programs.¹¹

According to epidemiological descriptive data carried out using population sourced from a Nigerian tertiary school in south eastern Nigeria reported by Ejike et al.,⁶ a total of 21.2% (22.0% males; 20.4% females) of the population were observed to be either overweight or obese; while 2.3% (1.6% males, 3.1% females) were under-weight. They also reported weight misperceptions by 33.4% (33.3% females; 33.6% males) of the population while 23.8% (23.9% females; 23.8% males) were not happy with their weight, i.e., had body weight dissatisfaction (BWD). About 99% of the overweight subjects, and 0.8% of the normal weight subjects, had BWD.

In another descriptive report of research carried out populations sourced from educational institutions in Ota, Southwest Nigeria by Chinedu et al.,¹ under-weight was prevalent at early childhood (22.7%) while obesity was predominant at middle adulthood (26.4%), of the major working group. They reported significant positive correlations between the age and the anthropometric parameters, which included, weight (0.696), height (0.317), BMI (0.612) and body weight category (0.200). They claimed that gender had significant negative correlations with weight and height, while body weight correlated more significantly with age in comparison to gender.

Conclusion

Age and gender has significant influence on the body weights of population and could consider during national health planning. Obesity and overweight prevalence in young adult Nigerians has been grossly reported, generating the fear of decline in productivity of the working age group, due to health challenges resulting from overweight and dyslipidemia. Thus, an urgent information generation and enlightenment on this should be seriously considered by the Health Ministry of Nigeria.

Acknowledgments

None.

Conflicts of interest

Author declares that we have no conflict of interest.

Funding

None.

References

1. Shalom Nwodo Chinedu, Opeyemi Christianah Emiloju, Dominic Ezinwa Azuh, et al. Association Between Age, Gender and Body Weight in Educational Institutions in Ota, Southwest Nigeria. *Asian Journal of Epidemiology*. 2017;10:144–149.
2. Reed HE, Mberu BU. Capitalizing on Nigeria's demographic dividend: reaping the benefits and diminishing the burdens. *Etude Popul Afr*. 2014;27(2):319–330.
3. Zaninotto P, Head J, Stamatakis E, et al. Trends in obesity among adults in England from 1993 to 2004 by age and social class and projections of prevalence to 2012. *J Epidemiol Comm Health*. 2012;63:140–146.
4. Mokdad AH, Ford ES, Bowman BA, et al. Prevalence of obesity, diabetes, and obesity-related health risk factors. *JAMA*. 2003;283:76–79.
5. Dastgiri S, Mahdavi R, TuTunchi H, et al. Prevalence of obesity, food choices and socioeconomic status: A cross-sectional study in the north-west of Iran. *Public Health Nutr*. 2006;9:996–1000.
6. Ejike CECC, Eze KC, Onuoha NO. Nutritional Status, Weight Misperception and Body Weight Dissatisfaction in a Population of Young Adult Nigerians. *J Obes Weight Loss Ther*. 2017;7:339.
7. Ono T, Guthold R, Strong K. WHO global comparable estimates: Global infobase data for saving lives: 2005. 2012.
8. Ejike CECC, Ijeh IL. Obesity in young-adult Nigerians: Variations in prevalence determined by anthropometry and bioelectrical impedance analysis, and the development of % body fat prediction equations. *Int Arch Med*. 2012;5:22.
9. Ejike CECC. Body shape dissatisfaction is a 'normative discontent' in a young-adult Nigerian population: A study of prevalence and effects on health-related quality of life. *J Epidemiol Global Health*. 2015;5:S19–S26.
10. Ejike CECC, Ikwuegbu CE, Abalogu RC. Obesity determined by different measures, and its impact on the health-related quality of life of young-adult Nigerians. *Asian J Clin Nutr*. 2015;7:64–75.
11. Flegal KM, Graubard BI, Williamson DF, et al. Cause-specific excess deaths associated with underweight, overweight and obesity. *JAMA*. 2007;298:2028–2037.