The double burden of malnutrition in Casablanca, Morocco

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The epidemiological situation in developing countries is rapidly switching to a model where obesity and associated diseases are becoming a major public health concern. Countries in Northern Africa, including Morocco, are characterized by moderate levels of overweight and obesity, moderate levels of under-nutrition in specific population and age groups, and widespread micronutrient deficiencies.

To assess the amplitude of the double burden of malnutrition in Moroccan households we conducted a survey in 6 neighborhoods of Casablanca, Morocco. 426 adult women and 240 preschoolers were randomly selected using a cluster sampling. Anthropometric parameters were measured according to the guidelines of the World Health Organization (WHO). Obesity in adults was determined using the body mass index cutoffs from the WHO. Underweight, stunt and obesity in children were determined using the WHO child growth standards.

Results showed 47% obesity and 36% overweight among women, while 19% children were underweight and 15% were stunted, we also noticed 8% obesity among children.

These data allowed us to have an idea about the amplitude of the double burden of malnutrition in low and middle income households from Casablanca; The fact that we found it in a considerable part of the population is an indicator of other possible aspects of malnutrition. It is becoming imperative to conduct a thorough study on the food behavior in these households to understand the complexity of this phenomenon.

Biography

Derouiche Abdelfettah was born in 1957 in Meknes Morocco and holds a Ph.D. from the University of Nancy I France, Nutrition Bio-industries and a Doctor of the University Hassan II, Casablanca Morocco in Human Nutrition. Currently is Professor and researcher in Human Nutrition Faculty of Sciences Ben Sik Casablanca and Head of Research Group: Human Nutrition and holds about twenty publications in the field of protection cardiovasculaire with argan and olive oils and that of malnutrition.