

## Relationship between BMI, perception of weight and methods of weight reduction among pharmacy students of University of Lagos

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Obesity is associated with many diseases. It is a leading cause of death worldwide. There are two main causes of obesity—diet and lack of physical activity. Pharmacists should advice on weight control products, eating habits, physical activity and healthy lifestyles, especially for patients who want to maintain their weight loss.

This study was to determine the perception of pharmacy students (future pharmacists) on their weights and method of weight control.

A modified version of CDC Youth Risk Behavior Survey questionnaire 2011 was self administered to pharmacy students who consented to fill the questionnaire. About 450 students consented to fill the questionnaires out of which 445 questionnaires were eventually used for analysis.

Majority (70.2%) of the students described themselves as having the right weight while only about 1 % as very overweight and 13% as slightly overweight.

The mean BMI for those that described them as being very overweight was  $34.67 \pm 1.00$  while the very underweight had a mean BMI of  $18.24 \pm 2.42$ . These results tally with classification of BMI.

All those that described themselves as being very overweight were trying to lose weight while about 82% of the slightly overweight were trying to lose weight. Among the very overweight and slightly overweight, 40% and 30% went without food for 24 hours; 20% and 10% took diet pills; 0% and 9% vomited or took laxatives respectively. Only 22% of those trying to lose weight were involved in physical activity on all 7 days before the survey.

Obesity isn't much of a problem amongst the students. The few that are overweight should be encouraged to employ right methods of weight control.

### Biography

Aina BA completed her Ph.D in 2005 from University of Lagos. She is an Associate professor in the Department of Clinical Pharmacy and Biopharmacy of same University. She has published more than 30 papers in peer reviewed journals.

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