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PREVALENCE OF OVERWEIGHT AND OBESITY IN A COHORT OF WOUND CARE SERVICE USERS IN A TERTIARY HOSPITAL

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Background: High rates of obesity have been reported in the Qatar general population [1-3]. In a previous study, we examined patient satisfaction with an interprofessional approach to wound care services [4]. Understanding disease burden in a cohort of wound care service users can inform health promotion planning and disease prevention.

Aim: In this study, we use the same data to examine the prevalence of overweight and obesity among patients attending wound care at Hamad General Hospital and describe associated health conditions.

Methods: We surveyed patients who received wound care services at the Hamad General Hospital from January 2015 to February 2016. Self-reported height and weight was used to compute Body Mass Index (BMI). Respondents with BMI between 25 and 30 kg/m² were grouped as overweight, whereas those with BMI \geq 30Kg/m² were classified as obese. The study sample of 111 patients was generated from a database of wound care service users, collected and maintained on site to facilitate service planning. We administered a client satisfaction questionnaire, modified to include questions on socio-demographic characteristics, and health status including diagnosis with chronic conditions.

Results: In total 81 of the 111 eligible participants responded to the survey, giving a response rate of 73.0%. The mean age of respondents was 44.5 years. A majority of respondents were male (65.4%), born outside of Qatar (75.3%), married (70.4%), had a college or university degree (40.7%) and were employed (61.7%). The prevalence of overweight and obesity was 29.9% and 40.7% respectively. Obesity was prevalent among males (23.5%) compared to females (17.3%). A similar pattern was observed for overweight. Diabetes and high blood pressure were the most prevalent chronic conditions (45.7% and 24.7%) among respondents.

Conclusions: In the study cohort, patients attending wound care services were mostly obese or overweight. Chronic conditions, especially diabetes and high blood pressure appear to cluster around obese or overweight respondents compared to those with normal weight.

Biography

Emmanuel Ngwakongnwi, is an Assistant Professor at the University of Calgary in Qatar. He obtained his PhD in Health Services Research from the Department of Community Health Sciences at the University of Calgary in Canada in 2011. He is a member of the WHO Collaborating Centre (WHOCC) in Calgary as well as a member of IMECCHI.

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