

World Congress on

Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

Prevalence of eating disorders among overweight and obese patients attending obesity outpatient clinic in Kasr Al-Ainy Hospital

Maha Abdelrahman Mowafy
Cairo University, Egypt

Background & Aim: Overweight and obesity are now so common that are replacing the more traditional public health concerns. Aim of the study is to examine the magnitude of eating disorders among obese and overweight.

Methodology: A cross sectional study was conducted in the Obesity outpatient clinic located in the Diabetes and Endocrinology Clinic at Kasr Al-Ainy Hospital, Cairo University, using a questionnaire, Eating Attitudes Test (EAT-26) and included males and females in the age group 20-49 suffering from overweight or obesity.

Results: A total of 11% displayed an eating disorder with higher significant in obese group ($p=0.00$). Binge eating disorder represented 8% among the studied group and the only statistically significant ($p=0.01$) one. Regarding age those aged >30 were found to suffer from eating disorders than those who are ≤ 30 . It was also found that married individuals had more eating disorders (54.5%) than those who were not married and divorced. Additionally, 72.7% of unemployed patients suffered from an eating disorder. Most common co-morbidity among overweight and obese patients being dyslipidemia (58%) followed by sleep apnea and arthritis (33%) and depression (31%). Furthermore, sleep apnea ($p=0.03$), Depression ($p=0.00$) arthritis ($p=0.00$) were statistically significant co-morbidities in relation to eating disorders. Otherwise no other co-morbidities showed statistical significance in relation to eating disorders.

Conclusion: Eating disorders are significantly higher in obese group ($p=0.00$). Binge eating disorder among obese and overweight patients is considered to be statistically significant ($p=0.01$), no significant difference was found among the other eating disorders.

Biography

Maha Abdelrahman Mowafy is an Assistant Professor of Family Medicine responsible for the research committee in department at the Cairo University. She has more than seven years of experience in working with international organizations in the area of health development, adolescent and reproductive health. She is presently holding an MD degree in Family Medicine and is an International Board Certified Lactation Consultant. She obtained Diploma in Clinical Nutrition and in Total Quality Management -Health Care. She received certificate in Management of Maternal and Child Health - Economic of Health Care and Economic Development by American University in Cairo. She attended program in Research Ethics in University of Maryland-USA to be certified as an international research ethics trainer.

mmowafy2@yahoo.com

Notes: