

Factors Related to Weight Status of the Adult Bahraini Population (A community-based Study)

Abdulrahman O. Musaiger, DrPH*

Maryam A. Al-Mannai, PhD**

Factors related to weight status of Bahraini adults were studied. A cross-sectional survey on 514 Bahraini adults aged 30.79 years was carried out using multistage sampling technique. Body mass index was used as an indicator for measuring obesity. The subjects were classified into non-obese (BMI<25), overweight (BMI 25-29.9) and obese (BMI \geq 30). There was a significant difference in mean BMI between men and women in all factors studied. Younger people (30-49 years), with higher education, non-smokers, those with history of hypertension, and those who watched television daily had higher mean BMI. There was a significant difference between weight status and age ($p<0.005$), sex ($p<0.0001$), education ($p<0.04$), smoking ($p<0.0001$), hypertension ($p<0.001$), diabetes ($p<0.001$), and watching television ($p<0.03$). The results suggest that the health authority in the country should establish a programme to prevent and control obesity, taking into consideration several social, dietary and health factors.

*Director
Environmental and Biological Programme
Bahrain Center for Studies and Research

**College of Sciences
Bahrain University
State of Bahrain