

## **Descriptive Cross-Sectional Study of the Dietary Patterns, Physical Activity and Co-morbidities of Obese Patients Attending the Medical Nutrition Clinic – UHKDU**

SAC Dalpatadu<sup>1,2#</sup>, UD Hiripitiya<sup>1</sup>, NK Edirisinghe<sup>2</sup> and R Jayatissa<sup>3</sup>

<sup>1</sup>*Department of Medical Nutrition, University Hospital- KDU*

<sup>2</sup>*Faculty of Medicine, General Sir John Kotelawala Defence University*

<sup>3</sup>*Nutrition Department- Medical Research Institute*

#amali.dalpatadu@gmail.com

Obesity is a major nutritional problem in which the prevalence has increased substantially over the years. It is a major causative factor in the rise of non-communicable diseases in the country. Unhealthy diets and poor physical activities are major causative factors. The purpose of this study was to identify dietary patterns, physical activities and associated co-morbidities in obese patients. A descriptive cross-sectional study was done taking all patients (n=126) with a BMI above 30, at their first visit, attending the nutrition clinic - UHKDU. Data was collected using an interviewer administered questionnaire after obtaining their consent. 69% had BMI values between 30 and 35. Carbohydrate servings per day was 6-11 in 74.1%. Protein servings per day was less than 3 in 37.3% and fat servings was 3-4 in 39.7%. In 65.1%, the daily fruits consumption was less than two servings. The number of vegetables consumed daily was less than 3 servings in 76.2%. 73.8% reported unhealthy snacking. The mean percentage of kcal/day contributed by carbohydrates, proteins, fruits, vegetables, snacks, sugar and oil were  $36.7464 \pm 6.71$ ,  $5.6546 \pm 2.32$ ,  $15.8732 \pm 7.54$ ,  $15.5863 \pm 4.83$ ,  $5.6825 \pm 3.80$ ,  $2.2864 \pm 1.70$ ,  $18.1706 \pm 7.87$  respectively. Only 39.7% exercised daily in which 88% exercised less than 30 minutes per day. The associated co-morbidities were diabetes (17.5%), hypertension (24.6%), and dyslipidaemia (10.3%) and were reported in 57.1% of patients above 40 years of age. Carbohydrate consumption was high while proteins, fruits and vegetables were below the recommended level. Unhealthy snacking was common while physical activity level was low. Targeted interventions aimed at changing dietary patterns and increasing physical activity at the community level, which is necessary to reduce obesity and lessen its impact on chronic non-communicable diseases.

**Keywords:** *obesity, diet, physical activity, co-morbidities*