

**EXPLORATORY SOCIO-SPATIAL DISTRIBUTION OF OVERWEIGHT AND OBESITY
AMONG FEMALE COLLEGES IN THE FACULTY OF ARTS AND HUMANITIES, KING
ABDUL AZIZ UNIVERSITY, JEDDAH GOVERNORATE, KSA IN 2013**

KATIBAH AL MAGHRABI

Department of Medical Geography, King Abdul Aziz University Hospital, Jeddah, Saudi Arabia

ABSTRACT

In the present study, we study socio-spatial distribution of overweight and obesity among female colleagues in the faculty of arts and humanities, King Abdul Aziz University, Jeddah, KSA. A cross-sectional study is conducted on female colleges in different majors (Arabic, English, European Languages, French, Psychology, Information Technology, Islamic Studies, Geography, History, and Media). A total of 525 colleges are included, and asked to answer a pre-designed validated questionnaire. Their body mass index (BMI) is calculated by measuring their individual weight and height. Then, based on their BMI, they are placed in the following categories: underweight; normal weight; overweight and obesity. 111 colleges are placed in the underweight category (21.1%), 286 (54.5%) are found to have a normal weight and 128 (24.4%) are overweight. We observe a significant correlation between increased age and the number of individuals in the “overweight and obese” category. The prevalence of overweight and obese subjects is significantly higher among married colleges and those who have children.

KEYWORDS: Medical Geography, Obesity, Overweight