EP071

PREVALENCE OF OBESITY AND ITS ASSOCIATING FACTORS IN PERSON WITH PHYSICAL DISABILITIES

MINISTRY OF HEALTH MALAYSIA
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Introduction

Obesity is a growing global health concern and a major contributor to non-communicable diseases such as cardiovascular disease, stroke, and diabetes.

Persons with physical disabilities are at risk of obesity due to reduced mobility and lower level of physical activities.

However, there is limited data in Malaysia regarding prevalence of obesity and its associated factors among this population in rehabilitation settings.

Objectives

This study aimed to determine the prevalence of obesity among adults with physical disabilities, and to measure its association with sociodemographic and lifestyle factors.

Methodology

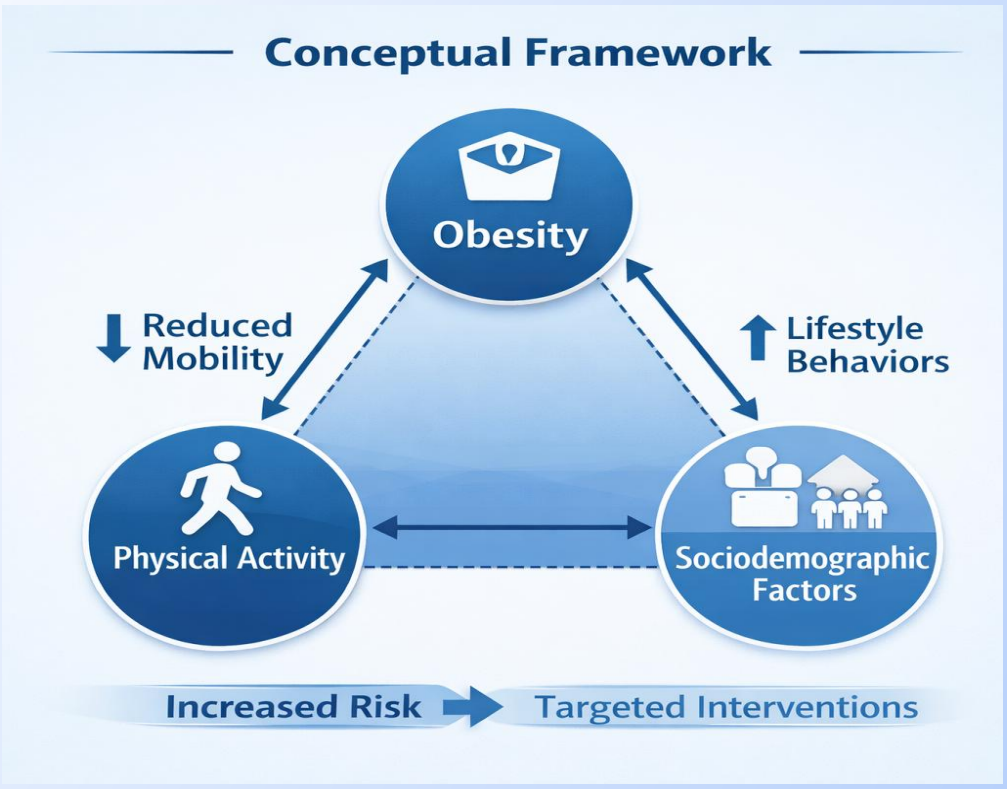
This cross-sectional study will be conducted over 12 months in Rehabilitation Medicine Clinic, UMMC.

Adults aged 18–60 years with physical disabilities (stroke, acquired brain injury, spinal cord injury, and amputation) will be recruited.

Estimated sample size 190 participants, calculated using single proportion formula with finite population correction and adjusted for non-response.

Data collection includes anthropometric measurements for BMI classification and structured questionnaire assessing sociodemographic characteristics (age, gender, education, marital status, occupation, income) and lifestyle behaviours, including physical activity measured using International Physical Activity Questionnaire (IPAQ), alcohol consumption and smoking status.

Data will be analyzed using descriptive statistics, bivariate analysis, and multivariable regression.



Results

The study is expected to establish prevalence of obesity in this population and identify key associated factors, particularly modifiable lifestyle behaviours such as physical inactivity.

Conclusion

Findings from this study will provide baseline local data to inform targeted screening, prevention, and rehabilitation-based weight management strategies, and support future research in disability and non-communicable diseases in Malaysia.

References

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