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OBESITY AWARENESS AND ITS RELATIONSHIP TO SOCIODEMOGRAPHIC CHARACTERISTICS OF FILIPINO ADULTS: A SURVEY AMONG WORK-FROM-HOME EMPLOYEES IN METRO CEBU, PHILIPPINES

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OBJECTIVE

Worldwide prevalence of obesity has been increasing and is expected to worsen with the recent work environment restrictions brought about by the coronavirus disease pandemic. Awareness of obesity is an essential component in the prevention and treatment of obesity. However, there are no studies that have examined obesity awareness in the Philippines. This study aimed to determine the awareness on obesity and its relationship to various sociodemographic characteristics among Filipino adults working from home in Metro Cebu.

METHODOLOGY

This is a cross-sectional survey and was conducted in Metro Cebu, Philippines. Included were Filipinos aged 18 years old and above, non-healthcare professionals working from home. The research instrument used was the Obesity Awareness Questionnaire (OAC-20), covering different aspects of obesity.

RESULTS

A total of 458 respondents participated. The respondents were aware of majority of the important concepts on obesity with an average score of 79.18%. Despite having awareness on obesity, majority had a reported BMI above normal. Age ($p=0.198$), BMI ($p=0.397$), hours of work per day ($p=0.101$), and hours of physical activity per day ($p=0.458$) were not associated with obesity awareness among the studied population. Similarly, male and female ($p=0.515$), as well as single and married respondents ($p=0.629$) did not differ significantly in terms of their average obesity awareness scores. However, higher educational attainment ($p=0.044$) and higher socioeconomic status ($p=0.002$) were associated with higher obesity awareness scores.

CONCLUSION

The sampled population of Filipino adults working from home in Metro Cebu were aware of majority of the important concepts on obesity.

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ASSOCIATION BETWEEN OBESITY PARAMETERS AND POOR OUTCOMES IN HOSPITALIZED PATIENTS WITH CONFIRMED MILD TO MODERATE COVID-19

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OBJECTIVE

This study aims to assess visceral fat values, waist circumference (WC), body mass index (BMI), and body fat percentage for their ability to predict poor outcomes during COVID-19 patients' hospitalization.

METHODOLOGY

This research has been approved by an ethical committee. This study is a prospective cohort of mild-moderate COVID-19 cases at Cipto Mangunkusumo Hospital who were hospitalized from December 2020 to March 2021. Patients were examined for visceral fat values and body fat percentage using a bioimpedance analyzer (BIA), WC and BMI at admission. Multivariate logistic regression analysis was performed to assess visceral fat, body mass percentage, BMI, and WC abilities in predicting poor composite outcomes of ARDS and mortality.