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## Attitudes related to obesity among students of Higher Teachers' Training College, University of Yaounde I

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**Background & Aim:** The prevalence of obesity is increasing throughout the world and in Cameroon especially with the high rate of nutritional transition. Its etiology is dependent on different factors such as genetic, nutrition knowledge, level of physical activity, eating practices, access to employment and others factors. Therefore, it is a call of concern for everybody, mostly future civil servant such as higher teacher training students to be equipped with nutritional knowledge for further adoption of appropriate healthy eating practices. In order to prevent the obesity pandemic, this study aimed to assess both the prevalence of obesity and the attitudes related to obesity amongst students of the Higher Teacher Training College of Yaounde I, Cameroon.

**Methods:** The study was conducted among 211 students (92 men and 119 women) aged between 18 and 40 years. A questionnaire related to identification and attitude related to eating disorders was filled, anthropometric and clinical parameters were also measured during the Higher Teachers' Training College open days of year 2015.

**Results:** The prevalence of obesity amongst students was 3.8%, significantly higher ( $p=0.002$ ) among female (5.9%) than men (1.1%). The students' attitudes about obesity were found not satisfactory, particularly in regard with the preference of sweet taste. In fact, the main practices eating disorders consisted of high consumption of soft drinks (67.8%), low consumption of fruits and vegetables (34.6%) and munching between meals (54%).

**Conclusion:** Although the prevalence of obesity was low in this studied population, it is important to include nutrition courses in the training programs of this institution in order to give adequate nutrition knowledge to those future civil servants.

### Biography

Mandob Enyegue Damaris has completed her PhD from Yaounde I University, Cameroon. She is a Biochemistry Lecturer at Higher Teachers Training College. She has published more than 14 papers in reputed journals and has been serving as a Reviewer of Cardiovascular Journal of South Africa.

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