

RESTRICTED

ABSTRACT

Introduction: During the last few years there is a high prevalence of overweight and obesity among the naval personnel in Sri Lanka Navy (SLN). This situation directly affects the non-communicable diseases such as diabetics, high blood pressure and high level of cholesterol. No studies have conducted to investigate the root courses of overweight and obesity in naval personnel in Sri Lanka Navy. Therefore, objective of this study was to identify the behavioural risk factors associated in overweight and obesity among the Sri Lanka Navy.

Method: Survey comprising 305 naval personnel, both (265) male and (40) female were selected from the western naval command. Questionnaires were developed to elicit information from the participants about physical activities, smoking, alcohol consumption, unhealthy diet, and sedentary behaviours toward overweight and obesity. Participant's Body Mass Index and waist to hip ratio was measured according to the World Health Organization's guidelines. Interview was conducted with the Command Medical Officer in naval hospital to explore their perception about the overweight and obesity. Survey data were analysed using the IBM SPSS statistics software and data represented in descriptive and advance data presentation method.

Results: Among the participants 27.87% were overweight and 2.62% were obese. The study also found that the BMI of the participants increased significantly with increment of age. Women are more vulnerable for increase BMI.

Conclusion: According to the findings of the study, behavioural factors such as smoking, consumption of alcohol, physical activity, food consumption and sedentary activity directly influence the increase of BMI among the naval personnel in Sri Lanka Navy. Physical activity, food consumption has more significance for BMI for the naval personnel.

Key words: Obesity, overweight, behavioural, Sri Lanka Navy, associated