



Service Priorities and Programmes
Electronic Presentations

Convention ID: 331

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Patient's perception on obesity in GOPC

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Keywords:

obesity

BMI

perception

insight

primary care

GOPC

Introduction

Obesity is a major public health concern worldwide. Local data suggests that 28.8% men and 13.7% women are obese (1). Obesity is associated with many health problems. There are a number of ways to manage obesity and patient-oriented approach has shown to be effective to manage obesity at individual patient level. A better understanding on patient's perception on obesity plays an important role in designing targeted intervention.

Objectives

To assess patient's perception on obesity in primary care setting

Methodology

This is a cross-sectional study conducted from December 2012 to January 2013. Patients of Asian race and aged 18 years old or above at a general out-patient clinic were randomly recruited. Patient's height, weight and body mass index (BMI) were measured by People weighing machine (Type: Body Weight Style XB). Patient's demographic and perception of obesity were assessed by questionnaires. Obesity is defined as BMI ≥ 25 .

Result

Total 451 patients were included. 191 were male and 260 were female. Their age ranged 30-91. BMI ranged 16.2-39. 242 patients (53.7%) were identified to have obesity, where 63.2% were female and 36.8% were male. 346 patients (76.7%) never heard of the term "BMI". Among the 242 obese patients, 62 patients (25.6%) did not recognize themselves having obesity. Those who had heard of the term "BMI" demonstrated better insight on their obesity perception (91.7%) than those who had never heard of the term "BMI" (68.7%). For knowledge on obesity-related diseases, many patients knew obesity could increase risk of hypertension (71.4%), diabetes mellitus (65.0%), ischaemic heart disease (53.0%) and hyperlipidaemia (34.1%). Most

patients did not know obesity could increase risk of degenerative joint disease (6.4%), obstructive sleep apnoea (3.1%), gout (2.7%), malignancy (1.3%), infertility (0.4%) and gall stone (0.2%). This study supports that obesity is a common disease and shows that the prevalence in the clinic (53.7%) is higher than the territory figure. It demonstrates that patients' insight on obesity is much better among those who heard of the term "BMI". It also demonstrates that many obese patients have poor insight and deficiency in knowledge on obesity complications. Concept of BMI should be promoted to improve patients' awareness. Health care providers should be more active in educating patients and invite patients' collaboration to improve their initiatives to reduce weight.