

## Prevalence of Obesity in Kuwait: A Case Study among Kuwait University Students

**Authors :** Mohammad Alnasrallah, Muhammad Almatar

**Abstract :** This study seeks to understand the relationship between the effect of geography and obesity prevalence among Kuwait University students. The sample involved 735 participants, 231 male, and 504 females, where there is a high percentage of them are overweight and obese. The percentage of overweight is 21% (BMI >25 - 30) while the percentage of obesity is 13.7% (BMI > 30). Both overweight and obese people account for 34.7%. In the study area, there are 327 fast food restaurants located in different places of in the urban area. This study uses the Geographic Information System to analyze the distribution of obesity and fast food restaurants. The study found that within half kilometers of fast food outlets, there are 33% of normal weight (BMI < 25), 30% of overweight while for the obese people there are 43 %, which shows that obesity is linked to the location of fast food restaurants. One of the significant tools that were used in this study hot and cold spots. The study found that areas of hot spots of fast food restaurants tend to be located in areas of hot spots of obese people. In conclusion, studying the prevalence of obesity from geographical perspective help to understand this public health issue and its relation to the effect of geography.

**Keywords :** obesity prevalence, GIS, fast food, Kuwait

**Conference Title :** ICSSEG 2018 : International Conference on Social Sciences, Economics and Geography

**Conference Location :** Bali, Indonesia

**Conference Dates :** October 22-23, 2018