

Evaluation of Risk Factors and Metabolic Complications Associated with Obesity in Adolescent Girls in Yaounde VI (Cameroon)

by

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Objective: To evaluate the risk factors and the metabolic determinants and complications associated with obesity in Cameroonian adolescent girls.

Research methods and procedure: Adolescent girls (76) aged between 15 and 20 years old were randomly selected in the Yaounde VI district of Cameroon. Their anthropometric state was determined using the WHO BMI criteria for classifying obesity. Subjects kept 7 day food diary as well as physical activity diary. Blood lipids were measured in plasma obtained after an overnight fast, using different diagnostic kits.

Results: The intake of energy was significantly higher ($P < 0.05$) in obese subjects compare to overweight or normal subjects. This was paralleled by a significantly higher intake of carbohydrate. On the other and, the daily energy expenditure in overweight and obese girls was significantly higher ($P < 0.01$) compare to that of normal.

Conclusion: Obesity in adolescent girls was not related to a sedentary lifestyle, but to an imbalance between energy intake and energy expenditure, with energy intake being significantly higher than energy expenditure.

Keywords

Risk factors, metabolic complication, obesity, adolescents, Cameroon

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