Abdominal Obesity and its Associated Factors Among Malaysian Women, Does Ethnicity Matter?

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ABSTRACT

Introduction: Generally, the cause of death and disability were contributed by an excess of body fat. For health, the issue is not how much you weigh, but how much abdominal fat you have. This study aimed to determine the prevalence of abdominal obesity among Malaysian women and its association with sociodemographic and personal life style. **Methods:** Data were obtained from the National Health and Morbidity Survey (NHMS) 2019 which was carried out via face-to-face interviews using mobile devices. Abdominal obesity was defined according to WHO/IASO/IOTF, 2000 Waist Circumference cut-off (>= 90cm for Men, >= 80cm for Women). A complex sample analysis was carried out at 95% confidence interval using SPSS version 21.0. **Results:** The prevalence of abdominal obesity among women was 64.8% (95% CI: 62.62, 66.94). Malays aged 60 years and above had the highest rate of abdominal obesity compared to other groups. Higher abdominal obesity was found in rural area, age 40-59 years old, unemployed, B40 income group and inactive physical activity for Sarawakians. Logistic regression analysis found that women at risk of having abdominal obesity in Malaysia were those of older people [aOR: 3.464 (95% CI: 2.460 - 4.879)], Sarawakians [aOR: 3.682 (95% CI: 2.222 - 6.102)] and no formal education [aOR: 1.354 (95% CI: 1.052 - 1.742)]. **Conclusion:** NHMS 2019 revealed that abdominal obesity was higher among women compared to male. Therefore, health education programs should provide information about the risk factors for abdominal obesity to all women, and preventive strategies should be implemented accordingly.

Prevalence And Risk Factors of Undifferentiated Dengue Fever in Selangor, Malaysia

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ABSTRACT

Introduction: One of the most common clinical manifestations of dengue is nonspecific febrile illness or undifferentiated fever. Previous studies indicated approximately 10-20% of all undifferentiated fever cases presented at health facilities were caused by dengue. This study aimed to determine the sero-prevalence of undifferentiated fever among in the Malaysian population. **Methods:** There are nine districts in the state of Selangor, Malaysia with a total of 75 government health clinics. Two government health clinics were randomly selected from each district in Selangor (n=18 clinics). All patients presenting to the selected government health clinics with acute undifferentiated fever not suspected to be dengue and for whom blood screening for dengue was not indicated. Patients were interviewed using a structured questionnaire and 3ml of venous blood were drawn from the patient for NS1 antigen, IgM and IgG test. **Results:** A total of 1195 patients were recruited in this study from May 2018 to May 2019. In all 74 (6.2%) patients were classified as having undifferentiated dengue fever. All potential risk factors were entered into multivariate regression model. Patient who had fever of more than 3 days (AOR=2.43, 95% CI: 1.319 - 4.468), nausea (AOR= 2.82, 95% CI: 1.704 – 4.654), and rashes (AOR= 3.41, 95% CI: 1.232 – 9.411) were more likely to have dengue infection. **Conclusion:** Among the patients presenting to government health clinics with undifferentiated fever, a small percentage (6.2%) were positive for dengue. Most of the time (93.8%) dengue fever was correctly ruled out. Patients with fever of more than 3 days, nausea and rashes should be suspected and screened for dengue infection. All cases of undifferentiated fever should be routinely screened for dengue using dengue combo rapid test.