

## Table of Contents

	Page
List of tables	J
List of figures	L
Abbreviations	M
INTRODUCTION	1
CHAPTER ONE: LITERATURE REVIEW	8
1.1 DEFINITION	8
1.2 OBESITY INDICATORS	9
1.3 OBESITY PREVALENCE	11
1.4 FACTORS ASSOCIATED WITH OBESITY	17
1.4.1 Age	17
1.4.2 Sex	19
1.4.3 Genetics	20
1.4.4 Eating and dietary patterns	21
1.4.5 Physical activity	23
1.4.6 Smoking	24
1.4.7 Socioeconomic status	25
1.4.8 Number of pregnancies	27
1.5 OBESITY AND CHRONIC DISEASES	28
CHAPTER TWO: BACKGROUND	34
2.1 Ramallah City	34
2.2 Old Ramallah City	35
CHAPTER THREE: METHODOLOGY	37
3.1 The survey process	37
3.2 Data coding	40
3.3 Data analysis	47
CHAPTER FOUR: RESULTS	50
4.1 GENERAL CHARACTERISTICS OF THE STUDY POPULATION	50

4.1.1	Phase one results (Household Census)	50
4.1.1.1	Response rate	50
4.1.1.2	Study population characteristics	51
4.1.1.3	Living conditions	51
4.1.2	Phase two results (Individual testing phase)	52
4.1.2.1	Response rate	52
4.1.2.2	Females group	52
4.1.2.3	Non- respondents	53
4.1.2.4	Study population characteristics	53
4.2	PREVALENCE OF OBESITY	54
4.2.1	Weight and BMI distribution	54
4.2.2	Prevalence of overweight and obesity	55
4.2.3	Obesity distribution by age	57
4.2.4	Prevalence of obesity for three generations of females	60
4.2.5	The prevalence of central obesity	61
4.2.6	BMI and WHR correlation	63
4.3	FACTORS ASSOCIATED WITH OBESITY	64
4.3.1	Smoking	64
4.3.2	Number of pregnancies	66
4.3.3	Wealth status	69
4.3.4	Education	72
4.3.5	The results of the multiple regression	75
4.3.6	Eating habits and food consumption patterns	77
4.3.6.1	Meal patterns	77
4.3.6.2	Trends in food consumption	78
4.3.6.3	Food groups	80
4.4	OBESITY AS A RISK FACTOR FOR CHRONIC DISEASES	82
	CHAPER FIVE: DISCUSSION	84
5.1	Study population characteristics	84
5.2	Response rate	
5.3.1	Prevalence	86
5.3.2	Obesity prevalence among women	87
5.4	Factors influencing the development of obesity	89
5.4.1	Genetics and obesity	92
5.4.2	Smoking and obesity	93
5.4.3	Wealth, education and obesity	94
5.4.4	Food consumption and obesity	97
5.5	Obesity and chronic diseases	101
5.6	Study limitations	103

5.7	obesity prevention and management	103
	Annexes	108
	BIBLIOGRAPHY	122