



Evaluation of QoL of a Group of
Obese Palestinian Attending
Weight – Management Center
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Introduction :



Over the past decade, evaluation of health-related quality of life (HRQL) has become an essential clinical and research outcome measurement. It is important to remember that the primary therapeutic goal of any obesity intervention is to improve the patient's outlook and not simply promote weight loss.

OBESITY

DEFINED AS HAVING A BODY MASS INDEX (BMI) OF 30 OR MORE. BMI IS A CALCULATION THAT TAKES A PERSON'S WEIGHT AND HEIGHT INTO ACCOUNT. HOWEVER, BMI DOES HAVE SOME LIMITATIONS.



QUALITY OF LIFE

IS THE INDIVIDUAL'S OVERALL SATISFACTION WITH HIS LIFE, BASED ON HIS OWN VALUES, GOALS, ABILITIES, AND NEEDS.



the impact of obesity on quality of life is detrimental because the person has bad image of his/herself

measures of QoL variable , essential in clinical research .

Objective



To measure QOL of a group of obese adults who attend a weight management center .

Material and method

During my training in a nutrition-health center I conducted this research from 2015-9 to 2015-11 – 2018

Participation



Adult , obese , both genders , attend nutri-health center at least 2- 3 month in tulkarm and Nablus

Questionnaires



WHOQOL – BREF Questionnaire composed of

- Personal information
- Four domains :
 - physical
 - Psychological
 - Social
 - Environmental

Result



- Gender :

Female : 86%

Male : 14%

- Education :

primary school 0%

middle school 30%

secondary school 27%

Graduate student 43 %

- social status :

Single : 20%

Married : 73%

Widowed : 7%

- Age : 40 y

- social situation :

Camp : 3%

Village : 37%

Town : 60%

70

60

50

40

30

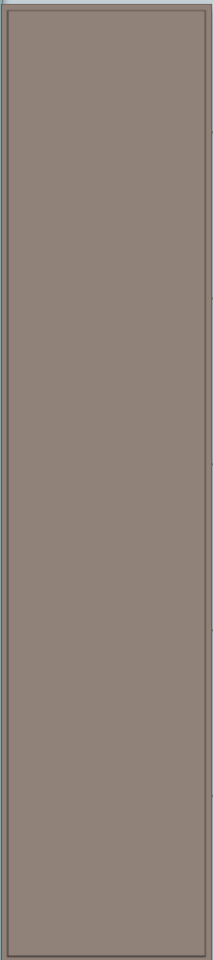
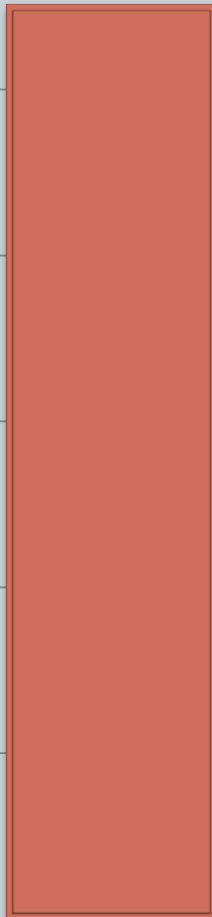
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- physical
- psychological
- social
- environmental

Category 1



Sf -36 Scale	U.S. norms (n=2474)	Mildly (n=35)	Moderately (n=163)	Morbidly (n=80)
Physical functioning	84.5	85.6	79.4	51.9
psychological role	81.2	85.4	75.3	69.3
Social functioning	83.5	84.9	79.3	67.9
Environmental role	72.2	72	65.7	54.3



Discussion

- Participation (30)

- 20 – 60 y

- Female

- Graduate student

- Married

- town



Domains

There is no Palestinian (QoL)

There no International threshold (QoL)

Conclusion

From the figuration - conclusion that obese adults still not satisfied with their live and consequently their QoL is below references .

Recommendation

Weight management should consider other health factor such as social, physical , psychological and environmental .



References :

Robert f. kushner and Gary D. foster (2000) , Obesity and quality of life , **INGESTIVE BEHAVIOR AND OBESITY** , Volume 16, Number 10, 947 – 952

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