Prevalence and determinants of overweight/obesity among taxi drivers in the Ho municipality

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Objectives
The occupation of driving has been suspected to predispose individuals to several health problems including overweight (OV) and obesity (OB). The aim of the study was to estimate the prevalence and identify the possible risk factors of OV and OB among taxi drivers in Ho.

Methods
Socio-demographic, dietary and lifestyle data were collected from a convenient sample of 134 taxi drivers. Anthropometric data (weight, height, BMI, waist and hip circumference, Waist-to-hip ratio) were also gathered. The data were analysed using SPSS software (version 22). Multinomial logistic regression was used to identify the determinants of overweight and obesity among the drivers.

Results
The prevalence of overweight and obesity were 30.6% and 11.9%, respectively. Participation in some form of exercise and smoking were significant determinants (p<0.05) of obesity with odds ratio of 0.02 [0.00-0.52] and 0.01 [0.00-0.68] respectively whilst ownership of vehicle (OV, 4.55[1.73-11.96]; OB, 22.46[1.97-256.28]), self-perception of weight status (OV, 25.96[5.05-133.34]; OB 18329.11[129.64-2591434.51]) and stress levels (OV, 0.13[0.02-0.75]; OB, 0.01[0.00-0.46]) were significant determinants of both OV and OB.

Conclusion
Due to the relatively high overall prevalence of OV and OB (42.5%), regular nutrition, health screening and education should be aimed towards the management of stress and weight gain.