

Associated Factors of Obesity among Secondary School Teachers in Badagry Local Government Area, Lagos State

ADEOLA EUNICE SETONJI¹, IDOWU F. FAMILONI (PHD)², OLAWALE OLUWASEUN OLADAPO³

¹Lagos State University

^{2,3}Department of Kinesiology, Sports Science and Health Education, Lead City University Ibadan

Abstract- Obesity is a complicated multifactorial illness that is closely linked to other co-morbidities. It is the fifth biggest cause of mortality; which has caused 35-8 million disability-adjusted life years and 2.8 million deaths annually. Despite this, there is a dearth of study on associated factors of obesity among teachers in Badagry. This study therefore investigated the prevalence and associated factors of obesity among secondary school teachers in Badagry Local Government Area (LGA), Lagos State. The study adopted the descriptive survey research design. The whole teachers in Badagry were 767 and a total of 420 respondents were sampled using multistage sampling procedure. Data were collected with the use of self-developed and validated questionnaire. The coefficient of the reliability yielded 0.71. Data were analyzed using the descriptive statistics, Pearson chi-square and Pearson Product Moment Correlation. The results revealed that there was no significant association between age and prevalence of obesity among teachers in Badagry LGA of Lagos State ($p>0.05$; $\chi^2 = 16.819$). There was no significant association between gender and prevalence of obesity among teachers in Badagry LGA of Lagos State ($p>0.05$; $\chi^2 = 4.674$). There was a significant relationship between family history and prevalence of obesity among teachers in Badagry LGA of Lagos State ($r=-0.105$, $p<0.05$). Additionally, there was a significant relationship between diet and prevalence of obesity among teachers in Badagry LGA of Lagos State ($p<0.05$). There was no significant relationship between physical inactivity and prevalence of obesity among teachers in Badagry LGA of Lagos State ($r=-0.013$, $p>0.05$). It was recommended that Department of Health in Badagry LGA of Lagos State should organize sensitization programme for teachers on effect of both modifiable 'diets and

physical inactivity 'and non-modifiable factors of gender, age and family history on prevalence of obesity.

Indexed Terms- Obesity, Family History, Diet and Physical Inactivity

I. INTRODUCTION

Non-communicable illnesses have steadily increased and it is becoming worldwide, and obesity continues to have a major detrimental effect on health. A global epidemic and the fifth biggest cause of mortality, obesity is a complicated multifactorial illness that is closely linked to other co-morbidities (WHO,2024). It is defined as a chronic, relapsing multi-factorial, neurobehavioral diseases, in which there is an increase in body fat that promotes adipose tissue dysfunction and abnormal fat mass, it results in adverse metabolic, bio mechanical and psychosocial health consequences (WHO, 2017). It caused 35-8 million disability-adjusted life years and 2.8 million deaths annually, meaning that 1 in 8 persons are obese (WHO, 2024). It may require more work to tackle obesity and overweight at this worrisome pace unless a proactive preventative approach can stop the trend.

In several regions of the world, the incidence of overweight and obesity is rapidly rising. From the 2.5 billion persons (18 years and older) who are thought to be overweight, 890 million are obese. In the adult population, 16% are obese and 43% are overweight. In 2022, 37 million children under the age of five were overweight, while over 390 million children and adolescents between the ages of five and nineteen were overweight, 160 million of them were obese (CDC, 2024). Among adults, the frequency was 396%

in the United States and 25.9% in the United Kingdom (Health Survey (United Kingdom, 2024).

Obesity and overweight are becoming more common in Africa. By 2025, obesity rates are expected to reach 200% to 50% due to urbanization and the nutritional shift from high-fiber, high-calorie meals to overly processed fast food. A rise in body mass index above the world average in every region also suggested that immediate action was required in those places. Obesity rates in South Africa were found to be 31.3%, Ethiopia increased from 4% in 2000 to 6% in 2016, and Ghana had 27.8% (Safaie, et al., 2021).

Age process is a significant risk factor in the development of obesity. This is more prominent in older adults (65 years and above). The older an individual is the greater the risk of obesity. Surprisingly, it has been established that obesity are more importantly occurring at younger age group. This may be due to the fat deposition, while the fetus is in the womb through maternal nutrition. Studies reported that bone/ muscle mass development reaches its peak around 30 years of age and thereafter declines with increasing age, there is reduction in the resting metabolism affecting energy balance which may to weight gain (Xin. Et al., 2023).

Another non-modifiable risk factors which is gender that may contribute to the development of obesity is Gender. Study review that the effects hormonal influence (sex hormones) in men and women are also important. Increase estrogen in women tend to activate the sympathetic system, favouring fat deposition while androgen (testosterone) in men are down regulated: Women during pre-menopausal and post-menopausal periods experience alterations in bodyweight total body fat and distribution as a result of the hormones (Muscogluri, et al., 2023). In addition, family history is another non-controllable risk factor which may contribute to the development of obesity. Studies have revealed that 50% to 90% of the vana ability in the body mass index was associated with the family trait or genetic factor contributing to obesity. This mechanism tend to regulate energy expenditure. The excess energy consumed is stored as triacylglycerols in the adipose tissue by influencing leptin secretion that aids deposition of fat in the body. Genetical traits support the function of metabolic pathways, regulate

neutral pathway and appetite centres in the brain (Tirthani, et al., 2024).

Diet and physical inactivity are two of the preventable risk factors for obesity. The dietary composition of fatty acids, particularly cholesterol-saturated fatty acids, has a significant impact and plays a role in the body's fat deposition. Foods high in cholesterol harm the body and cause blockages that can result in heart disease. It is a significant contributing factor to insulin resistance, which is associated with a number of heart-related risks. One of the main causes of the rise in low-density lipoprotein (LDL) is the accumulation of body and waist fat (Guerrero-Hreins, et al., 2022). A study conducted among adults in China found a favorable correlation with contemporary eating behaviors, such as placing orders, having food delivered, and eating at odd hours.

The study also found that women are more likely than males to engage in emotional eating, particularly in reaction to emotions like anger and despair, and that overeating may result in a persistently positive energy balance (Ling, et al., 2022). The dietary group that most helps with illness prevention and weight control is made up of fruits and vegetables. Consuming these items in sufficient amounts lowers the chance of developing chronic illnesses (Heiner, et al., 2012). These findings emphasize how crucial it is for educators to adopt and uphold healthy eating habits and to be aware of dietary trends.

Teachers signifies the health of their communities, which in turn reflects the health of society as a whole. There is a correlation between teaching and the development of obesity, according to studies (Wikipedia, 2022). Teaching as an all-consuming profession involves articulate understanding of subject matter and being abreast of updates in an ever-changing world. In addition, the emotionally intensive nature of the activities make it stressful for teachers as well as job burnout, coupled with family responsibilities tend to subject teachers to consumption of available food in their environment to satisfy hunger and appetite. More so, the little time at their disposal may not favour them towards engaging in physical activity that can promote their well-being. They are described as sedentary workers due to

the nature of their work which allow for more sitting during the day.

It has been shown that only consistent, regular physical training has an impact on hip oxidation both at rest and during acute muscular exercise, as well as body composition, muscle tone, and growth nutrition consumption. In both western and developing nations, recent lifestyle shifts such as the widespread availability of public transportation (cars and motorcycles), office automation, and the widespread use of heating at home and at work have drastically decreased physical labor in manufacturing, as well as the use of computers, play stations, elevators, televisions, and electric appliances at home. Additionally, physical activity during leisure time seems to be a major contributor to rising energy expenditure in obese individuals, and its importance is growing given how sedentary most professions and vocations tend to be. For class 3 obesity, moderate exercise, such walking for more than 120 minutes per week, can improve the cardiovascular risk profile (Wikipedia, 2022).

Economically, the border area is a thriving center for trade, with a wide variety of goods imported from the Benin Republic (Seme border), including polished rice, vegetable oils, beverages, frozen chicken and turkey, packaged foods, cigarettes, condensed milk, and canned foods. Goods are often cheaper in Badagry due to their proximity to the border, where they first enter Nigeria (NTA, 2016). The villagers have access to junk food crossed from Benin Republic to Nigeria. The prevalence of overweight and obesity is greater in Tanzania than in other countries, according to a research done on the subject among bankers, teachers, and healthcare professionals in Arusha, Tanzania (Kimiye, & Haikael, 2021). Another study that evaluated the prevalence of obesity and hypertension among primary school teachers in an urban area of South-South Nigeria found that both conditions were common among the instructors. Obesity, particularly central obesity, has also been linked to adverse health consequences, including hypertension (Opara & Maduka, 2020). Therefore, the study investigated the prevalence and associated risk factors of obesity among public secondary school teachers in Badagry Local Government Area, Lagos State.

Statement of the Problem

One of the main environmental, behavioral, and metabolic factors that contribute to damage and illness globally is obesity, which is a public health problem. It was responsible for 35.8 million disability-adjusted life years and 2.8 million deaths annually (WHO, 2021). Globally, the incidence of obesity is steadily rising, and in African nations like Nigeria, the rate of rise is no slower than in industrialized nations (CDC, 2022).

Observational survey carried out by the researcher revealed that most secondary school teachers in Badagry Local Government Area, Lagos State appear huge in appearance. The nature of their work makes them to purchase and consume fast foods that are readily available in the school environment and community. Most teachers are aware of their stature but find it difficult to reduce weight due to their tight workload. Studies suggest obesity risk factors characterized by lifestyle habits tend to contribute to the increase in the development of the disease hence, the need to stem the tide (CDC, 2022). Few studies conducted on prevalence of obesity and risk factors were among teachers in China, India, South Africa and Nigeria. Based on the aforementioned, the study investigated the associated risk factors of obesity among secondary school teachers in Badagry Local Government Area, Lagos State.

Hypotheses

The following hypotheses were tested in the study:

1. There will be no significant association between age and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.
2. There will be no significant association between gender and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.
3. There will be no significant relationship between family history and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.
4. There will be no significant relationship between diet and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.

5. There will be no significant relationship between physical inactivity and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.

Significance of the Study

This study is considered helpful to teachers, educational planners and health educators by equipping them with the causes, prevention and control of obesity thereby increasing their knowledge base and living a fulfilled productive life. The outcome of this study could also stimulate teacher’s health seeking behaviour against the development of obesity.

Methodology

This stage describes the methodology that was used for this study.

Research Design

The descriptive survey research design was adopted for this study.

Population of the Study

The population for this study comprised 767 secondary school teachers in Badagry Local Government Area of Lagos State.

Sample and Sampling Techniques

The sample for this study consisted of 420 respondents secondary schools teachers that were existing in Badagry LGA. Multistage sampling procedure (simple random and purposive) were adopted for this study.

Description of the Research Instrument

Data was collected using self-developed questionnaire title “Associated Factors of Obesity Questionnaire” (AFOQ) designed in line with Modified Likert Attitudinal Scale of Strongly Agree-SA, Agree- A, Disagree-D, and Strongly Disagree-SD and Very High Degree (VHD), High Degree (HD), Low Degree (LD), and Very Low Degree (VLD). This questionnaire was made up of four sections, namely; section A, B, and C.”

Validity and Reliability of Research Instruments

In ensuring the reliability of the instrument, twenty (20) copies of the instrument were administered to teachers who are not part of the study but possess

similar characteristics with the actual respondents. A cronbach alpha technique was used to determine the coefficient of the reliability, and it yielded reliability value of 0.71.

Method of Data Collection

The instrument was administered by hand to the respondents with the assistance of five research assistants and retrieved to avoid loss and the instrument was collected on the spot.

Data Analysis

Data collected was analysed using the descriptive statistics of frequency counts and percentage for demographic data of respondents and the research question. Pearson Chi-square (X^2) was used to test hypotheses 1 and 2, while Pearson Product Moment Correlation was used to analyse hypotheses 3- 5 at 0.05 level of significance.

Result

The results are presented as follows.

Demographic Data Analysis

The socio-demographic characteristics of the respondents are stated below.

Table 1: Distribution of the Respondents by Gender

| Gender | Frequency | Percent |
|--------|-----------|---------|
| Male | 288 | 68.6 |
| Female | 132 | 31.4 |
| Total | 420 | 100.0 |

Source: Field Survey, 2024

Table 1 reveals that 288 (68.6%) respondents were male, while 132 (31.4%) were female. This means that, most of the respondents were male.

Table 2: Distribution of the Respondents by Age

| Age | Frequency | Percent |
|--------------------|-----------|---------|
| 20-25 years | 44 | 10.5 |
| 26-30 years | 118 | 28.1 |
| 31-35 years | 110 | 26.2 |
| 36-40 years | 100 | 23.8 |
| 45-50 years | 12 | 2.9 |
| 51 years and above | 36 | 8.6 |
| Total | 420 | 100.0 |

Source: Field Survey, 2024

Table 2 reveals that 44 (10.5%) respondents were in the age range of 20-25 years, 118 (28.1%) 26-30 years, 110 (26.2%) were in the age range of 31-35 years. Similarly, 100 (23.8%), 12 (2.9%) were between 45-50 years; while 36 (8.6%) 51 years and above. This

means that, most of the respondents were in the age range of 26-30 years.

Presentation of Data

Hypotheses

The following hypotheses were tested.

Table 3: Summary of Result on Association between Age and Prevalence of Obesity

| Variable | Prevalence of Obesity | | | | χ^2 | Df | P-value |
|--------------------|-----------------------|------------------|----------------------|-----------------|----------|----|---------|
| | Underweight Freq. (%) | Normal Freq. (%) | Overweight Freq. (%) | Obese Freq. (%) | | | |
| Age | | | | | 16.819 | 15 | 0.330 |
| 20-25 years | 0 (0.0) | 7 (15.9) | 17 (38.6) | 20 (45.5) | | | |
| 26-30 years | 2 (1.7) | 24 (20.3) | 48 (40.7) | 44 (37.3) | | | |
| 31-35 years | 0 (0.0) | 22 (20.0) | 39 (35.5) | 49 (44.5) | | | |
| 36-40 years | 0 (0.0) | 16 (16.0) | 33 (33.0) | 51 (51.0) | | | |
| 45-50 years | 0 (0.0) | 5 (41.7) | 4 (33.3) | 3 (25.0) | | | |
| 51 years and above | 0 (0.0) | 10 (27.8) | 8 (22.2) | 18 (50.0) | | | |

Source: Field Survey, 2024

Table 3 revealed that there was no significant association between age and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State ($p=0.330$; $df=15$, $\chi^2 =16.819$). The null

hypothesis was therefore not rejected. The implication of this finding is that age had no substantial or strong association prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.

Table 4: Summary of Result on Association between Gender and Prevalence of Obesity (N=420)

| Variable | Prevalence of Obesity | | | | χ^2 | Df | P-value |
|----------|-----------------------|------------------|----------------------|-----------------|----------|----|---------|
| | Underweight Freq. (%) | Normal Freq. (%) | Overweight Freq. (%) | Obese Freq. (%) | | | |
| Gender | | | | | 4.674 | 3 | 0.197 |
| Male | 0 (0.0%) | 57 (19.8) | 101 (35.1) | 130 (45.1) | | | |
| Female | 2 (1.5%) | 27 (20.5) | 48 (36.4) | 55 (41.7) | | | |

Source: Field Survey, 2024

Table 4 revealed that there was no significant association between gender and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State ($p=0.197$; $df=3$, $\chi^2 =4.674$). The null hypothesis was therefore not rejected. The implication

of this finding is that gender had no substantial or strong association prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.

Table 5: Correlation Analysis of Relationship between Family History and Prevalence of Obesity

| Variables | Mean | Std. Dev. | Prevalence of obesity | Family History | N | Sig. (p value) | Remark |
|-----------------------|------|-----------|-----------------------|----------------|-----|----------------|-------------|
| Prevalence of obesity | 3.43 | 0.68 | 1 | -0.105* | 420 | 0.031 | Significant |
| Family History | 5.72 | 1.83 | -0.105* | 1 | | | |

Correlation is Significant at 0.05 alpha level ($p < 0.05$)

Source: Field Survey, 2024

Table 5 shows that family history was tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State ($r = -0.105$, $p < 0.05$). It was further established that family history had negative correlation with prevalence of obesity; while correlation coefficient's magnitude was

weak. The null hypothesis was therefore rejected. The negative relationship of family history and prevalence of obesity implied that, existing family history could not influence the development of obesity teachers in Badagry Local Government Area of Lagos State.

Table 6 : Correlation Analysis of Relationship between Diet and Prevalence of Obesity

| Variables | Mean | Std. Dev. | Prevalence of obesity | Diet | N | Sig. (p value) | Remark |
|-----------------------|-------|-----------|-----------------------|---------|-----|----------------|-------------|
| Prevalence of obesity | 3.43 | 0.68 | 1 | -0.197* | 420 | 0.000 | Significant |
| Diet | 19.82 | 4.47 | -0.197* | 1 | | | |

Correlation is Significant at 0.05 alpha level ($p < 0.05$)

Source: Field Survey, 2024

Table 6 shows that diet was tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State ($r = -0.197$, $p < 0.05$). It was further established that diet had negative correlation with prevalence of obesity; while correlation coefficient's magnitude was weak. The null

hypothesis was therefore rejected. The negative relationship of diet and prevalence of obesity implied that, the kind of diet they consume could not influence the development of obesity teachers in Badagry Local Government Area of Lagos State.

Table 7: Correlation Analysis of Relationship between Physical Inactivity and Prevalence of Obesity

| Variables | Mean | Std. Dev. | Prevalence of obesity | Physical Inactivity | N | Sig. (p value) | Remark |
|-----------------------|-------|-----------|-----------------------|---------------------|-----|----------------|-----------------|
| Prevalence of obesity | 3.43 | 0.68 | 1 | --0.013 | 420 | 0.787 | Not Significant |
| Physical Inactivity | 19.82 | 2.08 | -0.013 | 1 | | | |

Correlation is Significant at 0.05 alpha level ($p < 0.05$)

Source: Field Survey, 2024

Table 7 shows that physical inactivity was not tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State ($r=0.013, p>0.05$). It was further established that physical inactivity did not have significant correlation with prevalence of obesity; while correlation coefficient's magnitude was weak. This implied that there was no significant relationship between physical inactivity and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The null hypothesis was therefore rejected. The insignificant relationship of physical inactivity and prevalence of obesity implied that, physical inactivity could not influence the development of obesity teachers in Badagry Local Government Area of Lagos State.

Discussion

The outcome of this study further revealed that there was no significant association between age and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The implication of this finding is that age had no substantial or strong association on the prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The result of this present study is in contrast to the finding of previous study conducted on Risk of Obesity among Female School Teachers and its Associated Health Problems, which revealed that age was significantly associated with obesity (Monica, et al., 2018). The difference in the outcome of this present study and the previous study is that, in the present study, there was no significant relationship between age and prevalence of obesity; however, the previous study revealed that age was significantly associated with obesity among Female School Teachers. The reason behind the non-significant association between age and obesity in this current study could be as a result of sample size, because *the larger the sample size, the more accurate the average values will be* (Worth, 2022).

In survey research, interviews are a helpful instrument for obtaining significant amounts of data, but this was not the case in the current study. Similarly, in order to assess the responses of the respondents and compare the outcomes, the current study used a standardised instrument that did not observe the pre and post

administration of the instrument. Clinical evaluations were not used to observe the respondents in the case of this research which also may be one of the reasons behind the non-significant of the association between age and obesity.

Similarly, the finding of this study revealed that there was no significant association between gender and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The implication of this finding is that gender had no substantial or strong association with prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The outcome of this study is in contrast with a previous study conducted on sex/gender differences in obesity prevalence, comorbidities and treatment; which found that obesity was more prevalent among women than men in most countries (Cooper, et al., 2021). It was further revealed that women are more likely to receive an obesity diagnosis and pursue treatment options such as bariatric surgery, medication, and behavioral therapies.

When baseline weight is taken into consideration, the gap between men and women's weight reduction is less pronounced. A complex interplay of sex/gender contributes to obesity. The result of this present study is also in contrast with another study conducted on obesity which was concluded that, gender tends to have a significant role in the development of central (android) or peripheral (gynoid) obesity, with males being more probable than women to be obese, although women having a larger amount of body fat than men (Giovanna, et al., 2024). However, the similarity between the two study sited was that, female normally have a higher level of adipose tissues than males and as well female losses less body weight in response to exercise compare to male counterpart due to female having a better defense of body fat.

Moreover, the outcome of this study revealed that family history was tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. It was further established that family history had negative correlation with prevalence of obesity; while correlation coefficient's magnitude was weak. This implied that there was a

significant weak negative relationship between family history and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The negative relationship of family history and prevalence of obesity implied that, existing family history could not strongly influence the development of obesity teachers in Badagry Local Government Area of Lagos State. The finding of this study on family history's association with obesity among teachers is in contrast with a previous study conducted on family history of obesity, cardiovascular and metabolic diseases influence onset and severity of childhood obesity (Domenico, et al., 2018). The result further revealed that family history of obesity is an important risk factors for precocious obesity onset in childhood and are related to the severity of obesity.

The dearth of data from the respondents' inability to track their genealogy or family history with reference to obesity may be the cause of the adverse association between family history and the prevalence of obesity in present study. Also the outcome of this study on family history and prevalent of obesity is in contrast with another previous study conducted on the social origins of obesity within and across generations (Erik, et al., 2023) The result further revealed that, when social adversity and genetic predisposition are combined they significantly increase the likelihood that parents will pass on their obesity to their children and that obesity will grow in the present generation.

The outcome of this present study revealed that diet was tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The result revealed that, inadequate nutritional status and insufficient dietary diversification may increase the risk of chronic illnesses like obesity. It was further established that family diet had negative correlation with prevalence of obesity; while correlation coefficient's magnitude was weak. This implied that there was a significant weak negative relationship between diet and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The negative relationship of diet and prevalence of obesity implied that, the kind of diet they consume could not influence the development of obesity teachers in Badagry Local Government Area of Lagos State. The finding of this present which revealed that there was a significant weak negative

relationship between diet and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State is in line with a study conducted on dietary diversity and nutritional status of teachers in Ogun state, Nigeria (Ramalan, et al., 2023).

The finding of this study revealed that physical inactivity was not tested significant on prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. It was further established that physical inactivity did not have significant correlation with prevalence of obesity; while correlation coefficient's magnitude was weak. This implied that there was no significant relationship between physical inactivity and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. The insignificant relationship of physical inactivity and prevalence of obesity implied that, physical inactivity could not influence the development of obesity teachers in Badagry Local Government Area of Lagos State. The result of this study is in line with a study conducted prevalence of obesity, physical activity, and food habits among individuals in the Makkah area of Saudi Arabia (Tesfaye, Et al., 2020). It was revealed that, regular walking and moderate-intensity exercise were negatively correlated with obesity.

The study emphasizes the necessity of focused intervention techniques to treat adult obesity in Saudi Arabia. Furthermore, the result is in contrast with a study conducted on a study conducted in Dilla town, Ethiopia, which aimed to determine the prevalence and risk factors of abdominal obesity among adults; which revealed that physical inactivity was found to be risk factors for abdominal obesity (Alsulami, et al., 2023). The insignificant relationship of physical inactivity and prevalence of obesity in this study could be due to the fact that physical inactivity is not a critical factor in determining weight gain as individuals body type differs, for examples, there are three type of body type which are mesomorph, ectomorph and endomorph. An ectomorph individual may not necessarily gain fat or weight when not engaged in physical activity due to the nature of the body.

CONCLUSION

It was established that there was no significant association between age and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. Conclusion was further made that there was no significant association between gender and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. There was a significant weak negative relationship between family history and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. Additionally, there was a significant weak negative relationship between diet and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State. Conclusion was further made that there was no significant relationship between physical inactivity and prevalence of obesity among teachers in Badagry Local Government Area of Lagos State.

RECOMMENDATIONS

Based on the findings of this study, the following recommendations were made:

1. The Ministries of Health and Education in Lagos State should ensure that periodic medical outreach is organised for the teachers, specifically in Badagry Local Government Area. This is to ensure that prevalence of obese is mitigated among teachers in Badagry Local Government Area.
2. The Department of Health in Badagry Local Government Area of Lagos State should organise sensitisation programme for teachers on effect of age on prevalence of obesity.
3. The Department of Health in Lagos State's Badagry Local Government Area should organise a sensitisation campaign for teachers on the influence of physical inactivity on obesity prevalence.
4. Periodic health education programme should also be mounted on prevalence of obesity by the Department of Health in Badagry Local Government Area of Lagos State.

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