

## Correlation Between Obesity and Dietary Habit of the Adult Client at Out-Patient Clinic in Qalat Saleh City/ Iraq

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### ABSTRACT

**Objective:** To identify correlation between obese adults clients and dietary pattern at out-patient clinic, and comparative differences among obesity categories of adults concerning their dietary habits.

**Methodology:** A cross-sectional design is carried throughout the present study at outpatients clinics in Qalat Saleh city, Iraq, for the period of November 11th, 2020, to August 15th 2021. Non-Probability "purposive" sample of (180) obese adult clients is selected and divided into (50%) females and (50%) males for each obesity grade.

**Results:** The current study confirmed that all obese adult clients grade I have a high level of mean score related to dietary habit, while obese adult clients in grade II & grade III revealed the majority of obese were in moderate level of the dietary pattern. Statistically, findings show that there is high correlation between obese adults grade I, grade II, and grade III and their dietary habits.

**Conclusion:** The dietary habits effect on obesity is (42%) and the others residual (48%). It is attributed to other factors: such the genetic factors; food frequency intake; and hormonal disturbance.

**Recommendations:** The study recommended emphasizing the implementation of health education programs related to following healthy lifestyles in determining the times of eating foods rich in carbohydrates and fats, and commitment to vital physical activity or regular daily exercise and avoiding sedentary activities.

**Keywords:** Correlation, Obesity, Adult Clients, Dietary Habit, Out-patients Clinics

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