

THE EPIDEMIC OF WOMEN OBESITY & CHALLENGES: A RISK ASSESSMENT ON MATUGAMA DS DIVISION

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Abstract

In today's world, non-infectious epidemics lead to death and most of women face lots of struggles due to obesity. Therefore, BMI (Body Mass Index) plays an important role in humans' health which is a noticeable thing that women face a lot of challenges in case of obesity. This has been caused severe effects in compensating more people. Lack of awareness among people leads to this situation. Thus, the risk assessment is investigated based on the particular concept in the mathugama Divisional secretariat. The main aim of this study is to assess the challenges of the epidemic of obesity among women. The primary and secondary data were used in this study, accordingly, the women above the age of 18 who has the highest amount of BMI were selected and data were collected from them through the BMI analysis report, observation, questionnaire and interview which were analysed in the descriptive method through the purposive sampling technique. Based on these study find out the current situation and challenges of obesity faced by women in this particular study area. Therefore, the study has been finalized that the women in Mathugama divisional Secretariat have been facing many challenges by this obesity due to a lack of awareness (96% perception).

Keywords: *epidemic, women obesity, challenges, risk assessment, Body Mass Index (BMI)*