

## Effective Interventions for reducing Body weight in Overweight Women Over 30 Years Using Health Promotion

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Non communicable diseases (NCDs) are estimated to be responsible for 75% of total deaths in Sri Lanka. In Sri Lanka NCDs causes more than three quarters of all deaths and nearly one in five people die prematurely from NCDs. This collaborative quantitative study employs discussions and questionnaires received from women over 30 years age in Karuwalagashinna semi-urban village in MOH area in Sri Lanka. We created two groups of mothers (with 31 mothers) in the village based on their preference and easy to gather together. We conducted questionnaire based surveys and conducted discussions to collect baseline data and their current knowledge on the health issues. They identified being overweight as a major health issue among them. Then they made determinants web to unravel the factors, which increase the body weight. They prioritized the main determinants which affect being overweight and planned interventions to address those identified determinants. We used video clips and evidences of successful stories in other communities to empower them within two years. In the baseline result, there were 9.67% underweight, 19.3% normal weight and 70.96% overweight women. This was obtained by measuring their BMI (Body Mass Index). They started to reduce the salt, sugar and oil consumption from the “oil meter, daily sugar cup and salt cup” respectively. Through those activities, they measured and marked healthy level in separate ways for daily consumption. They also made BMI CARD to measure and mark their own BMI level monthly. Through this they can get an idea about their weight gain or decrease and what are the causes for excess weight. Furthermore, they played volley ball in the evening and engaged in home gardening to reduce their weight by addressing the physical inactivity. Through the above interventions their weight reduced from 70.96% (21 mothers) to 54.8% (17 mothers). Five mothers reduced their weights from overweight to normal weight. In addition, other over weighted women (17) reduced their BMI value compared to previous values. Improving knowledge, awareness and planning interventions are helpful to overcome problems faced by rural communities due to NCDs. Forming mothers’ groups in communities is a suitable method to deliver this process. It can be concluded that health promotion process is a good method for community based field work and it empowers people to take control over their health by themselves.

**Keywords:** Non communicable diseases, Body Mass Index, overweight, normal weight