



Durban International Convention Centre  
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# ABSTRACTS



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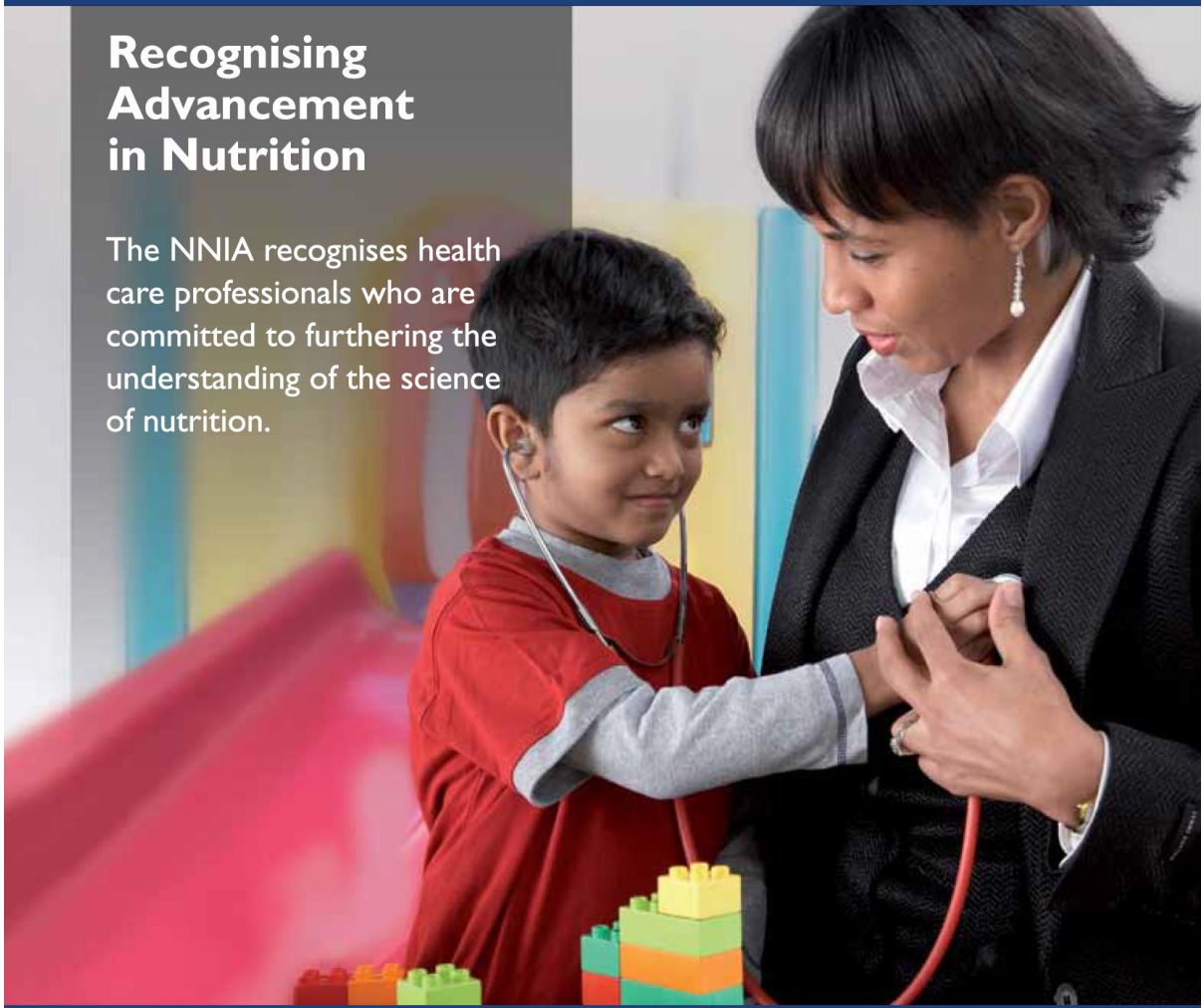
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## **4 Diet related chronic diseases in rural and urban Dar-Es-Salaam: the case of Ilala Municipality**

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Increased energy intake and low physical activity are the major contributors to rising levels of overweight/obesity and their co-morbidities in many parts of the world. A Cross sectional survey was carried out on 270 adults aged above 25 years and residing in rural and urban areas of Ilala Municipality, Dar es Salaam. Food frequency questionnaire and 24-hour recall methods were used to assess energy intake. The Douglas bag technique assessed energy expenditure, nutrition status and body composition were assessed by body mass index, body fat content and waist hip ratio. Prevalence of overweight/obese was higher among urban (28%), female's (21%) and subjects aged above 45 years (34%). Females had higher body fat content (32%) than males (21%). 45% females and 4% males had waist hip ratio greater than 1 and 0.85 respectively. Mean fasting blood glucose level was 103.2 mg/dl. Females (46%) and subjects aged above 54 years (61%) had fasting blood glucose level between 140-200 mg/dl. Mean total cholesterol concentration was 5 mmol/l, that of low density lipoprotein was 6.0 mmol/l and high density lipoprotein was 1.1 mmol/l. More than 55% consumed refined maize flour, Irish potatoes, vegetable oil, and coconut milk for more than 4 days per week. Mean daily energy intake was 2134 kcal, and mean daily energy expenditure was 1705 kcal; close to 94% of the subjects had a positive energy balance. Subjects know very little about their nutritional status and health risks associated with poor nutritional status. Nutrition education should be emphasised at all levels so as to prevent and decrease prevalence of obesity and associated morbidities.