

Knowledge, Dietary and Physical Activity Practices Regarding Obesity among Women Aged 25-40 Years in Vhembe District of Limpopo Province

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ABSTRACT Objective is to determine knowledge, dietary and physical activity practices as well as anthropometrics status of women aged 25-40 years of age. A descriptive study was conducted among 60 women aged 25-40 years and snowball sampling was used to select participants with the objective to determine knowledge, dietary and physical activity practices as well as anthropometrics status of women aged 25-40 years of age. It has been observed that 46.7 percent of the participants in this study had very good knowledge on obesity. Participants were more physically active at home level because all the participants were reported to be spending more hours in household activities such as preparing food and washing up, cleaning the house, doing laundry and ironing and taking care of children. The prevalence of obesity was discovered to be very high in this study as compared to overweight. This concludes that participants in this study had good knowledge relating to obesity however they lacked knowledge on other aspects that are linked to obesity.