



AP007

Paediatric Cardiology & Congenital Heart Disease • Poster Presentation

BODY COMPOSITION PROFILE AND CORRELATES AMONG ADULTS ATTENDING THE CARDIOLOGY CLINIC, UNIVERSITY COLLEGE HOSPITAL, IBADAN, NIGERI

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Background This study profiled body composition and identified correlates of general and central obesity among adults attending Cardiology Clinic, University College Hospital, Ibadan.

Methodology A total of 355 adults attending the Cardiology Clinic, University College Hospital, Ibadan. Body composition was assessed using the Omron BF511 Body Composition Monitor, an eight-sensor bioelectrical impedance analyser, which measured body fat percentage, skeletal muscle percentage, visceral fat and body age. Anthropometric measurements included weight, height, waist, hip and neck circumferences. Univariable and multivariable logistic regression identified independent correlates of obesity.

Results The mean age of participants was 54.9 ± 14.5 years, and 231 (65.1%) were women. Mean BMI was 27.7 ± 6.0 kg/m², body fat percentage $32.6 \pm 12.1\%$, and visceral fat score 9.3 ± 4.3 . Overall, 67.0% were overweight or obese, 28.9% had general obesity and 59.4% had central obesity. Female demonstrated significantly higher BMI, hip circumference, body fat percentage and prevalence of obesity, whereas men had significantly higher waist-to-hip ratio, neck circumference, skeletal muscle percentage and visceral fat scores (all $P < 0.05$). Female sex independently predicted general obesity (adjusted odds ratio [AOR] 2.98, 95% confidence interval [CI] 1.69–5.25), while increasing age (AOR 1.04, 95% CI 1.02–1.06), female sex (AOR 1.84, 95% CI 1.16–2.93) and employment (AOR 1.83, 95% CI 1.01–3.31) independently predicted central obesity.

Conclusion Excess adiposity was highly prevalent, particularly among women, supporting routine comprehensive body composition assessment during cardiovascular risk evaluation in Nigeria.

Keywords: Body Composition; Bioelectrical Impedance Analysis; Body Mass Index; Obesity; Central Obesity; Cardiovascular Diseases; Nigeria.