

Sociodemographic determinant of rural-urban disparities in overweight and obesity among women of reproductive age in Nigeria: a decomposition analysis approach

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Background: Overweight and obese women face diverse reproductive and other health challenges and even deaths in some cases. However, there exists scanty evidence on the predictors of overweight and obesity disparities and overweight and obesity risk factors by sociodemographic factors and place of residence (rural or urban). This study aims to examine the sociodemographic factors associated with overweight and obesity and the determinants of overweight and obesity disparities by sociodemographic factors and the rural-urban status of women of reproductive age in Nigeria.

Methods: This study analyzed data from the 2018 Nigeria Demographic and Health Survey (NDHS) individual (women) dataset. The survey adopted a two-stage sampling cluster technique based on Nigeria's 2006 census enumeration areas in the sample selection. Overweight and obesity were measured as body mass index (BMI) ≥ 25 . Data analyses were conducted using Logistic Regression Model and the threefold Blinder-Oaxaca decomposition model ($\alpha_{0.05}$).

Results: Findings shows that older women (OR=2.44; CI=2.11-2.83), being rich (OR=2.05; CI=1.81-2.31), using contraceptives (OR=1.41; CI=1.27-1.57), and living South South region (OR=1.24; CI=1.07-1.45) increase the odds of being overweight/obese. The decomposition analysis showed that the mean predicted prevalence of overweight and obesity is 35.5% in urban areas compared to 21.1% in rural areas of Nigeria.

Conclusion

The findings underscore the importance of addressing socioeconomic disparities and healthcare-related factors in designing interventions to reduce the burden of overweight and obesity, particularly in urban areas.