

**Health Promotion of overweight and obese women :
An intervention program**

Thesis

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Abstract

Background: Overweight and obesity are increasing all over the globe including Egypt and more among women. **Objectives:** It aimed to implement a health promotion intervention for 6 months to reduce weight through improving knowledge, life style behavior related to obesity and physical activity patterns. **Methods:** The study was an interventional and took place in an urban primary health care center in Fayoum governorate including 156 overweight and obese women. **Results:** The intervention was evaluated 2 times , the first one immediately at the end of the intervention, where mean weight of participants reduced by 9.5% of original weight due to significant improvement in knowledge, dietary habits behaviors .Physical activity levels were significantly improved after Physical activity counseling as, moderate active participants increased from 62.5% to 70% of the sample. The second evaluation was done 1 year after the intervention and included 83 participants .It resulted in increase in mean body weight of participant with .1%. Long term effect of health promotion intervention was maintained when health dietary habits mainly as eating infixing time and eating snacks of low calories. The second evaluation also done by research team using sustainability questionnaire, where 40 % of them totally agreed on inclusion of nutritional into PHC services **Conclusion:** Inclusion of nutritional programs halting obesity into PHC services is recommended for their impact in reducing weight through improving health nutrition & dietary habits knowledge and behaviors.

Key words : Obesity- physical activity- knowledge- dietary habits