

Inspiring Research for Human Wellbeing

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## Haemoglobin Level among Overweight and Obese Adult Women

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### Introduction

Obesity is frequently related with major non-communicable diseases such as diabetes, hypertension, and cardiovascular diseases etc (Alastair, 2010). Further, obesity has been reported to be associated with low blood haemoglobin, too (Jacques et al. 1990). Measurement of haemoglobin concentration is the most commonly used screening methods for the presence of iron levels. Iron is a nutritionally essential trace element that is critical for optimal physical and cognitive performance of the human body. However, alterations of iron metabolism can be a cause for low blood haemoglobin in overweight and obese adults. Also, researches revealed that reduced iron intake due to poor dietary choices by overweight individuals may contribute to poor iron status (Aeberli *et al.*, 2006).

The combined burden of non communicable diseases is rapidly increasing in lower-income countries (World Health Organization, 2011) and the percentage of Sri Lankan adults in the overweight, obese and centrally obese categories were 25.2 percent, 9.2 percent and 26.2 percent respectively (Katulanda *et al.*, 2010). Therefore, the increasing amounts of overweight/obesity would potentially increase the burden of low blood haemoglobin in Sri Lanka, too.