ABSTRACT

Introduction. The prevalence of obesity throughout the world is rising from year to year. WHO predicted that on 2015, 2.3 billions adults will be overweight and 700 millions will be obesed. Obesity also correlates with several health risk such as diabetes, hypertension, dyslipidemia, heard disease, obstructive sleep apnea, asthma, non-alcoholic fatty liver disease, osteoarthritis, and polycystic ovary syndrome.

Methods. The goal of this study was to investigate the knowledge about obesity and incident of obesity among students of Medicine Faculty in North Sumatra University year 2007 and year 2010. This study was a descriptive study with a cross sectional approach and simple random sampling was chosen as the sampling technique.

Results. The sample was 164 people in total which was divided equally into both groups, year 2007 and year 2010. The result of this study was that 84,1% of year 2007 had a good knowledge while 78% of year 2010 only had average knowledge. From year 2007 respondens, 12,2% was obese and 23,2% of year 2010 respondens either.

Discussion. From the result of this study, it is advised that the education about obesity are given from the high school. Beside that, both high school students and university students need to actively increase their knowledge about obesity from books, newspaper, or electronic media.

Keywords: Knowledge, obesity, BMI, university students, year