

# **Influence of Overweight and Obesity on Performance of Nurses in Abubakar Tafawa Balewa University Teaching Hospital (ATBUTH) Bauchi, Bauchi State**

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## **Abstract**

*Prevalence of overweight and obesity among healthcare staff not only raises concern regarding the health of workforce, but also has adverse effect on their performance healthcare promotion. Nurses have significant role to play in promoting a healthy lifestyle and of their care receivers as well as the community at large. This study determined the influence of overweight and obesity on performance of Nurses in ATBUTH Bauchi. The study was guided by four research objective where four research questions were formulated in line with the research objectives. The study employed cross sectional research design. A sample of 225 Nurses was randomly drawn from the population of 450 Nurses. The data for the study were collected using questionnaire. The data collected were analyzed using frequency distribution and percentage and was presented on table. The hypotheses formulated were tested using Chi-square. The result of the analysis reveals that Nurses within the age bracket of 41 – 50 and 51 & above are mostly affected with overweight and obesity; female gender are mostly affected with overweight and obesity; Nurses with working experience between the years 15 – 29 and 30 – 44 are mostly affected with overweight and obesity respectively and it was also found that Body Mass Index have influence on performance of Nurses. The study recommends among others that Nurses especially the*

*female should be encouraged in to partake in physical activities like exercise as this will aid in keeping normal body weight which will in turn increase their performance.*

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**Keywords:** *Influence, Overweight, Obesity, and Performance of Nurses*

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## **Introduction**

The prevalence of obesity & overweight has been rapidly increasing on alarming rate globally (Musa, 2017). Obesity related morbidity is recognized as having indirect cost owing to lost productivity such as sickness absence. This is of particular importance for nursing, given its ageing workforce and the increasing prevalence of overweight and obesity among nurses (Hammand & Levine, 2010). Increasing prevalence of overweight and obesity represents global pandemic. As the largest occupational group in international healthcare systems nurses are at the forefront of health promotion to address this pandemic. However, nurses own health behaviors are known to influence the extent to which they engage in health promotion and the public's confidence in advice offered. Estimating the prevalence of overweight and obesity among nurses is therefore important (Kyle, et al., 2016).

The prevalence study of nurses in Scotland found that 69% were overweight or obese, and obesity was significantly higher among nurses than other healthcare professionals and those in non-health-related occupations (Merrifield, 2017).

Prevalence of overweight and obesity in healthcare staff not only raises concern regarding the health of workforce, but also the adverse effect thus has on provision of care to address obesity through healthcare promotion. Nurses have significant role to play in promoting a healthy lifestyle and of their care receivers as well as the community at large. However they have been acknowledged as a high-risk group for obesity development (Mnakali, et al., 2018).

Nurses report low level of physical activity and diet low in fruits and vegetables consumption but high in sugar (Goel, & Isaac. 2016). Finding ways to improve nurse's health is an important challenge not only because nurses comprise the largest healthcare occupation group both in the UK and globally, but also because many nurses have poor health profile (Glasgowre, & Emonts, 2016). In addition, obesity is linked with high risk of other several serious health conditions such as hypertension, type II diabetes, stroke, coronary heart disease, hypercholesteremia, arthritis and asthma (Ehrentraut, 2011). Equally, obesity has been found to reduce the quality of life for both men and women. It is associate with increased risk of depression (Musa, 2017), research estimated that, if no any serious action is taken to place much interest and premium on the studies bordering on overweight and obesity then, the upward spiral will most likely jeopardized many employees especially in the health sector (Musa 2017). Studies have shown that, energy imbalance therefore energy intake exceeding energy expenditure has become an increasing problem at work sites (Trinkoff & Shedder, et al., 2016). Concern have been expressed about the nursing shortage, downsizing, long working hours and stressful condition (Zangaro & Soeken, 2017). This study contributes information about individual nurses overweight, as well as about important assessments of their work environment.

Nurses play a vital role in offering advice and support to help people achieve a healthy weight and adopt a healthy lifestyle. It is also essential for nursing staff themselves to be of healthy weight (College, 2022). Overweight and obesity contribute significantly to a range of chronic disease and arthritis (Kelly & Wills, 2018). In addition, obesity is linked with high risk of other

several serious conditions such as hypertension, type II diabetes mellitus, stroke, coronary heart diseases, hypercholesteremia, arthritis and asthma. (Ehrentraut, 2011).

Nurses report low level of physical activity, diet low in fruits and vegetables consumption but high in sugar. Equally still obesity has been found to reduce the quality of life for both men and women; it is associated with increased risk of depression (Musa, 2017).

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. The issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese (Kyamru, et al, 2020). From a human resource perspective, attention to obesity management is prudent and good business. Increased disability, decreased, quality of life, increase workplace productivity and increase absenteeism lead to higher cost to business and society, and obesity is one factor in these issues (Ehrentraut, 2011).

Many factors may cause weight gain and affect how much weight the body stores. When the intake of more calories from food or beverages is greater than using it up from physical activity and through daily living, such as sitting or sleeping, the body stores the extra calorie, as this continues, the body continue to store it which leads to overweight or obesity. (Jensen et al, 2014).The fundamental cause of overweight and obesity is an energy imbalance between calories consumed and calories expended.

With regards to Nigerian and other developing countries, overweight and obesity are believed to be alarming an increased. The increase is far beyond what is obtained in other developing countries (Ondicho, et al, 2015). This is partly because obesity is admired in some cultural setting in Africa. For instance, obesity is admired and considered as a symbol of virility and beauty in some culture (Kyamru, et al, 2020).). Fattening ceremonies are said to have been reported at regular intervals in some African communities.

### **Statement of the Problem**

Health care workers are at the forefront of providing health information for promoting healthy lifestyles and maintaining healthy body weight to patients and the general public to ensure prevention of disease. Health care workers are also looked upon as knowledgeable and role models by their patient and also in communities they work. It would be believed that counsellors would themselves live an exemplary life and use the information they provide to patients and the general public to maintain their own health.

However, nurses are usually concerned about taking care of other leading to the neglect of their own health. In addition, considering the irregular hours during which they work and the stress they experience at the work place may make them susceptible to overweight as well as obesity. The overweight and obesity cases among nurses are identified and reported. The issue has critically assumed a threatening dimension and it has clearly defines all known and familiar logics. Nigerian nurses including nurses in ATBUTH Bauchi are also caught at the center of this global imperative, as many nurses are acutely affected by the rising intensity of obesity and overweight (Ehrentraut, 2011).

This is worrisome. This rather unfortunate consequences of overweight and obesity call for a serious concern. The consequential effects of the aforementioned problems on the nurses and generally the health workers are fundamental as well as indispensable to the future productivity of every country. Therefore, if the adult population of every country is to be protected or enlightened, then a series of effort must be lunched and integrate researchers,

policy makers and health personnel. This then calls for investigation on influence of overweight and obesity on performance of nurses in ATBUTH, Bauchi.

### **Objectives of the Study**

The purpose of this research work is to determine the influence of overweight and obesity on performance of nurses in ATBUTH, Bauchi. Specifically, the study sort;

1. To identify the age group of nurses mostly affected by overweight and obesity in ATBUTH Bauchi.
2. To assess the gender of nurses mostly affected by overweight and obesity in ATBUTH Bauchi.
3. To determine the years of experience of nurses affected by overweight and obesity.
4. To find out the influence of body mass index (BMI) on performance of nurses in ATBUTH Bauchi.
- 5.

### **Research Questions**

1. What age group of nurses mostly affected with overweight and obesity?
2. What is the gender of nurses that are affected by overweight and obesity in ATBUTH Bauchi?
3. What are the years of experience of nurses affected by overweight and obesity in Bauchi?
4. What is the influence of body mass index (BMI) on performance of nurses in ATBUTH Bauchi?

### **Hypotheses**

1. There is no significant relationship between gender of nurses and their performance.
2. There is no significant relationship between nurse's BMI and their performance.

### **Methods**

To achieve the purpose of this study, the cross-sectional survey research design was employed. The population for this study consisted of all the four hundred and fifty (450) nurses of Abubakar Tafawa Balewa University Teaching Hospital Bauchi (Hospital Record, 2021). The sample for the study consisted of 225 nurses representing 50 per cent of the nurses in ATBUTH Bauchi. This was in line with Nwana's rule of thumb which stated that when the population is a few hundreds, the sample size should be 40-50 per cent (Gemson & Kyamru, 2013).

All the departments were considered clusters, where the proportionate sampling technique was employed to select 50 per cent of nurses in each department that has nurses. This resulted to the selection of 225 nurses who were used as respondents for the study. The instrument for data collection was the researcher-designed questionnaire. The instrument was divided into two sections. Section A which consisted of three items eliciting information on bio-data of the respondents, Section B is made up of eight statements on overweight and obesity. The validity of the research instrument was established by giving the draft instrument comprising of the specific objectives and the research questions of the study to some experts/lecturers: two from the Department of Nursing Sciences ATBUTH, one from Departments of Sociology and Science Education (Measurement and Evaluation) respectively, in Abubakar Tafawa Balewa University Bauchi. The experts' judgment,

observations, comments, and suggestions were adopted to design the final copy of the questionnaire.

Split-half was utilized to establish the reliability of the questionnaire. For the purpose of this study, twenty copies of the questionnaire were administered on twenty nurses in Aliko Dangote College of Nursing Bauchi, who were not included in the study but who have the same characteristics with the study population. The responses of each half were compared to establish degree of internal consistency, using the Kuder-Richardson formula (K-21). Ogbazi and Okpala (1994) explained that in a reliability test, if the correlation coefficient is up to .60 or above, the instrument was considered reliable for the study. In this work, the correlation coefficient of the questionnaire was above .60 and above therefore was used for the study.

For an easy access to the nurses in ATBUTH, a letter of introduction duly signed by the Head, Department of General studies ATBUTH College of Nursing Sciences seeking permission to carry out the research on the Influence of overweight and obesity on the performance of nurses in ATBUTH Bauchi was obtained and presented to each head of department in the Hospital who have nurses. Copies of the questionnaire were administered to respondents in each of the departments, by the researcher and research assistants. Any nurse found on duty is administered a questionnaire. This process continued until the sampled size was reached. The research assistants were briefed on the procedures and modalities for the administration of the questionnaire. The instrument was administered to the respondents and after filling them, the researcher and his assistants collected the completed copies of the instrument from the respondents on the spot. The correctly filled questionnaire were sorted and used for the study.

The information from the questionnaire was coded using the Statistical Package for Social Sciences (SPSS) batch system for analyzing the data. In order to determine the influence of overweight and obesity on the performance of nurses in ATBUTH Bauchi, frequencies and percentages were used. The chi-square was used to test the hypothesis of no significant relationship on the Influence of overweight and obesity on the performance of nurses in ATBUTH Bauchi. Both hypotheses were verified at .05 level of significance ( $p < .05$ ). The result was presented in Tables.

## Results

The presentation and analysis of data collected from the respondents. The results are presented in tables, frequency and percentage according to research questions that guided the study.

**Research Question One:** What age group of nurses mostly affected with overweight and obesity?

**Table 1:** Age group of nurses mostly affected with overweight and obesity

BMI	Age (Years)			
	21-30	31-40	41-50	51 & above
Underweight	88(40.7%)	28(13.0%)	4(1.9%)	0(0.0%)
Normal	12(5.6%)	22(10.2%)	7(3.2%)	1(0.5%)
Overweight	7(3.2%)	9(4.2%)	11(5.1%)	8(3.7%)
Obese	4(1.9%)	1(0.5%)	6(2.8%)	8(3.7%)

Source: Computed using SPSS

Table 1 presents the result of data analysis of respondents; opinion on age group of respondents affected with overweight and obesity. Majority 11(5.1%) and 8(3.7%) of the respondents reported that nurses within the age bracket of 41 – 50 and 51 and above are affected with overweight and obesity.

**Research Question Two:** What is the gender of nurses that are affected by overweight and obesity in ATBUTH Bauchi?

**Table 2:** Gender of respondents affected with overweight and obesity

BMI	Gender	
	male	female
Underweight	52(24.1%)	68(31.5%)
Normal	14(6.5%)	28(13.0%)
Overweight	14(6.5%)	21(9.7%)
Obese	2(0.9%)	17(7.9%)

Source: Computed using SPSS

Table 2 present the respondent’s opinion on gender of respondents that are affected with overweight and obesity. Majority of the respondents 21(9.7%) and 17(7.9%) indicated that female gender are mostly affected by overweight and obesity respectively.

**Research Question Three:** What are the years of experience of nurses affected by overweight and obesity in Bauchi?

**Table 3:** Years of experience of Nurses affected by Overweight and Obesity

BMI	Years of Working Experience			
	1-14 years	15-29 years	30-44 years	45-60 years
Underweight	96(44.4%)	20(9.3%)	3(1.4%)	1(0.5%)
Normal	15(6.9%)	23(10.6%)	4(1.9%)	0(0.0%)
Overweight	7(3.2%)	14(6.5%)	12(5.6%)	2(0.9%)
Obese	4(1.9%)	6(2.8%)	9(4.2%)	0(0.0%)

Source: Computed using SPSS

Table 3 present the respondents’ opinion on years of years of experience of Nurses that mostly affected with overweight and obesity. Majority 14(6.5%) and 9(4.2%) of the respondents indicated that Nurses that have worked for 15 – 29 and 30 – 44 years are mostly affected with overweight and obesity respectively.

**Research Question Four:** What is the influence of Body Mass Index (BMI) on performance of nurses in ATBUTH Bauchi?

**Table 4:** Influence of body mass index (BMI) on performance of nurses

Performance	Option	Body Mass Index			
		Underweight	Normal	Overweight	Obese
Lifting of patient	Yes	28(13.0%)	97(44.9%)	16(7.4%)	5(2.3%)
	No	14(6.5%)	23(10.6%)	19(8.8%)	14(6.5%)
Observation of vital Sign	Yes	41(19.0%)	120(55.6%)	32(14.8%)	17(7.9%)
	No	1(0.5%)	0(0.0%)	1(0.5)	2(0.9%)

Administration of medication	Yes	41(19%)	118(54.6%)	34(15.7%)	16(7.4%)
	No	1(0.5%)	2(0.9%)	1(0.5%)	3(1.4%)
Bed Bath	Yes	30(13.9%)	98(45.5%)	20(9.3%)	7(3.2%)
	No	12(5.6%)	22(10.2%)	15(6.9%)	12(5.6%)
Enema	Yes	24(11.1%)	76(35.2%)	16(7.4%)	7(3.2%)
	No	18(8.3%)	44(20.4%)	19(8.8%)	12(5.6%)
Oral care/hygiene	Yes	37(17.1%)	105(48.6%)	25(11.6%)	14(6.5%)
	No	(2.3%)	15(6.9%)	10(4.6%)	5(2.3%)
Last office	Yes	31(14.4%)	99(45.8%)	25(11.6%)	9(4.2%)
	No	11(5.1%)	21(9.7%)	10(4.6%)	10(4.6%)
Bed making	Yes	37(17.1%)	115(53.2%)	27(12.5%)	15(6.9%)
	No	5(2.3%)	5(2.3%)	8(3.7%)	4(1.9%)
Tepid Sponging	Yes	34(11.1%)	112(51.9%)	24(11.1%)	11(5.1%)
	No	11(5.1%)	8(3.7%)	11(5.1%)	8(3.7%)
Catheterization	Yes	35(16.2%)	106(49.1%)	29(13.4%)	13(6%)
	No	7(3.2%)	14(6.5%)	6(2.8%)	6(2.8%)
POP application	Yes	13(6%)	45(20.8%)	11(5.1%)	1(0.5%)
	No	29(13.4%)	75(34.7%)	24(11.1%)	18(8.3%)
Administration of oxygen	Yes	26(12%)	102(47.2%)	18(8.3%)	9(4.2%)
	No	16(7.4%)	18(8.3%)	17(7.9%)	10(4.6%)

Source: Computed using SPSS

Table 4 present the result of the data analysis used to assess the influence of body mass index y on performance of Nurses. Majority 97(44.9%) of the respondents indicated that normal weight influence lifting of patients, 120(55.6%) reported that normal weight observation of vital signs, 118(54.6%) reported that normal weight influence administration of medication, 98(45.5%) of the respondents reported that normal weight influence bed bath, 76(35.2%) indicated that normal weight influence Enema, 105(48.6%) reported that normal weight influence oral hygiene, 99(45.8%) reported that normal weight influence last office, 115(53.2%) reported normal weight influence bed making, 112(51.9%) reported normal weight influence tepid sponging, 106(49.1%) reported normal weight influence catheterization, 45(20.8%) reported normal weight influence POP application, 75(34.7%) reported normal weight influence administration of oxygen. This implies that Body Mass Index have influence on performance of Nurses.

**Hypothesis One:** There is no significant relationship between gender of nurses and their performance.

**Table 5:** Chi-square Result for relationship between gender of nurses and their performance

Performance	Option	Gender		$\chi^2$	P-value
		Male	Female		
Lifting of patient	Yes	69(31.9%)	77(35.6%)	16.5	0.000
	No	13(6%)	57(26.4%)		
Observation of vital Sign	Yes	82(38%)	128(59.3%)	3.78	0.052
	No	0(0.0%)	6(2.8%)		
Administration of medication	Yes	79(36.6%)	130(60.2%)	0.074	0.786
	No	3(1.4%)	4(1.9%)		

Bed Bath	Yes	64(29.6%)	91(42.1%)	2.58	0.108
	No	18(8.3%)	43(19.9%)		
Enema	Yes	55(25.5%)	68(31.5%)	5.531	0.019
	No	27(12.5%)	66(30.6%)		
Oral care/hygiene	Yes	70(32.4%)	111(51.4%)	0.240	0.624
	No	12(5.6%)	23(10.6%)		
Last office	Yes	71(32.9%)	93(43.1%)	8.22	0.004
	No	11(5.1%)	41(19%)		
Bed making	Yes	75(34.7%)	119(55.1%)	0.393	0.531
	No	7(3.2%)	15(6.9%)		
Tepid Sponging	Yes	73(33.8%)	108(50%)	2.66	0.103
	No	9(4.2%)	26(12%)		
Catheterization	Yes	70(32.4%)	113(52.3%)	0.042	0.837
	No	12(5.6%)	21(9.7%)		
POP application	Yes	40(18.5%)	30(13.9%)	16.18	0.000
	No	42(19.4%)	104(48.1%)		
Administration of oxygen	Yes	66(30.6%)	89(41.2%)	4.97	0.026
	No	16(7.4%)	45(20.8%)		

Source: Computed using SPSS

Table 5 present the Chi-square results which was used in testing the relationship between gender of respondents and their performance. The results of the analysis indicated that there is a significant relationship between gender of Nurses and lifting of patient, Enema, last office, POP application, administration of oxygen ( $p$ -value < 0.05). However, observation of vital sign, administration of medication, bed bath, oral care/hygiene, bed making, Tepid sponging, catheterization have insignificance relationship with gender of Nurses ( $p$ -value > 0.05).

**Hypothesis Two:** There is no significant relationship between nurse`s BMI and their performance.

**Table 6:** Chi-square Result for relationship between Nurse`s BMI and their performance

Performance	Option	Body Mass Index				$\chi^2$	P-value
		Underweight	Normal	Overweight	Obese		
Lifting of patient	Yes	97(44.9%)	28(13.0%)	16(7.4%)	5(2.3%)	32.05	0.000
	No	23(10.6%)	14(6.5%)	19(8.8%)	14(6.5%)		
Observation of vital Sign	Yes	120(55.6%)	41(19.0%)	32(14.8%)	17(7.9%)	12.03	0.007
	No	0(0.0%)	1(0.5%)	1(0.5)	2(0.9%)		
Administration of medication	Yes	118(54.6%)	41(19%)	34(15.7%)	16(7.4%)	10.61	0.014
	No	2(0.9%)	1(0.5%)	1(0.5%)	3(1.4%)		
Bed Bath	Yes	98(45.5%)	30(13.9%)	20(9.3%)	7(3.2%)	20.94	0.000
	No	22(10.2%)	12(5.6%)	15(6.9%)	12(5.6%)		
Enema	Yes	76(35.2%)	24(11.1%)	16(7.4%)	7(3.2%)	6.93	0.074
	No	44(20.4%)	18(8.3%)	19(8.8%)	12(5.6%)		
Oral care/hygiene	Yes	105(48.6%)	37(17.1%)	25(11.6%)	14(6.5%)	7.19	0.067
	No	15(6.9%)	(2.3%)	10(4.6%)	5(2.3%)		



Last office	Yes	99(45.8%)	31(14.4%)	25(11.6%)	9(4.2%)	11.81	0.008
	No	21(9.7%)	11(5.1%)	10(4.6%)	10(4.6%)		
Bed making	Yes	115(53.2%)	37(17.1%)	27(12.5%)	15(6.9%)	13.48	0.004
	No	5(2.3%)	5(2.3%)	8(3.7%)	4(1.9%)		
Tepid Sponging	Yes	112(51.9%)	34(11.1%)	24(11.1%)	11(5.1%)	23.65	0.000
	No	8(3.7%)	11(5.1%)	11(5.1%)	8(3.7%)		
Catheterization	Yes	106(49.1%)	35(16.2%)	29(13.4%)	13(6%)	5.27	0.153
	No	14(6.5%)	7(3.2%)	6(2.8%)	6(2.8%)		
POP application	Yes	45(20.8%)	13(6%)	11(5.1%)	1(0.5%)	7.868	0.049
	No	75(34.7%)	29(13.4%)	24(11.1%)	18(8.3%)		
Administration of oxygen	Yes	102(47.2%)	26(12%)	18(8.3%)	9(4.2%)	25.11	0.000
	No	18(8.3%)	16(7.4%)	17(7.9%)	10(4.6%)		

Source: Computed using SPSS

Table 6 present the Chi-square result for used in testing the relationship between Nurse`s BMI and their performance. The results from the analysis indicated that Lifting of patient, Observation of vital Sign, Administration of medication, Bed Bath, Last office, Bed making, Tepid Sponging, POP application and Administration of oxygen have significance relationship with BMI of Nurses (p-value < 0.05). However, Enema, Oral care/hygiene and Catheterization have insignificance relationship with BMI of Nurses (p-value > 0.05).

### Discussion of Findings

The discussion of major findings was carried out based on research questions that guided the study.

The findings from the data analysis indicated that Nurses within the age bracket of 41 – 50 and 51 & above are mostly affected with overweight and obesity. However, over 40% of the respondent indicated that Nurses within the age bracket of 21 – 30 years are mostly affected with underweight. The findings from this study is in agreement with the findings from the study of Ondicho (2014) whose study found that Increasing age was significantly associated with overweight and obesity. The author concludes that higher order age group emerged as the most predictors of overweight or obesity.

The findings from the study further revealed that 9.7% and 7.9% of the respondents indicated that female gender is mostly affected with overweight and obesity respectively. The findings support findings from previous study by Ondicho (2014) who conducted a study to assess prevalence and factors associated with overweight and obesity among Kenyan nurses in Kisumu East Sub County and found that gender is associated with overweight and obesity of healthcare workers. Emmanuel (2015) also opined that there is higher prevalence of overweight and obesity in female than male. He concluded that males were more physically active than female. The finding also revealed that Nurses with working experience between the years 15 – 29 and 30 – 44 are mostly affected with overweight and obesity respectively.

In addition, it was found that body mass index has influence on performance of Nurses. Majority of the respondent indicted that Normal Body Mass index (Normal weight) have influence on their performance. Emmanuel (2015) found that the prevalence of obesity among healthcare workers/nurses was higher than in the general population.

### **Nursing Implication**

The findings of the study revealed that overweight and obesity have influence on performance of Nurses in ATBUTH. Thus, the management should create awareness to the Nurses on the need for partaking in physical activities like exercise as this will assist them to maintain normal body weight which will in turn affect their performance positively.

### **Summary**

The study determined the influence of overweight and obesity on performance of Nurses in ATBUTH. The study was guided by four research objectives. Four research questions were formulated in line with the research objectives, the study test hypotheses. The findings of the study will raise a red flag on the future effect of overweight and obesity with regard to nurses' forecasted productivity Relevant literatures were review under the conceptual, theoretical and empirical literatures.

The study adopted the cross-sectional survey research design. The target population of the study was Nurses in ATBUTH. The proportionate sampling technique was used in selecting the sample of the study. the data for the study were collected using structured questionnaire. the data collected were analyzed using descriptive statistics of simple percentage and frequency and the hypotheses were tested using chi-square.

The major findings of the study are as summarized below:

- i. Nurses within the age bracket of 41 – 50 and 51 & above are mostly affected with overweight and obesity
- ii. Female gender is mostly affected with overweight and obesity.
- iii. Nurses with working experience between the years 15 – 29 and 30 – 44 are mostly affected with overweight and obesity respectively.
- iv. Body Mass Index have influence on performance of Nurses.
- v.

### **Conclusion**

Based on the finding of the study, it can be concluded that Nurses with higher order age are mostly affected with overweight and obesity. The study also concluded that there is a relationship between body mass indexes. It was also concluded that body mass index has influence on performance of Nurses in ATBUTH.

### **Recommendations**

Based on the findings of the study, it was recommended that Nurses especially the female should be encouraged in to partake in physical activities like exercise as this will aid in keeping normal body weight which will in turn increase their performance.

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