



The College of Graduate Studies and the College of Medicine and Health
Sciences Cordially Invite You to a
PhD Dissertation Defense

Entitled

PHYSICAL ACTIVITY AMONG MIGRANTS IN THE UNITED ARAB EMIRATES

by

Rowaa Elhidia Elobaid Allatif

Faculty Advisor

Dr. Syed Mahboob Shah, Institute of Public Health
College of Medicine and Health Sciences

Date & Venue

10:00 AM

Thursday, 19 December 2019

Fatima Theater, College of Medicine and Health Sciences

Abstract

Low physical activity is an independent risk factor for cardiovascular diseases. Few data are available on the levels of physical activity among migrants in United Arab Emirates (UAE). This study aimed to determine levels of physical activity, its sociodemographic correlates and its relationship with cardiovascular disease (CVD) risk factors among migrants in Al Ain, UAE. A cross-sectional study was conducted in a random sample (n=1375) of male South Asian migrants and female migrants (n=555) from South Asian, Filipino, and Arab and populations. Self-report physical activity of moderate (30 minutes for 5days) and vigorous (20 minutes for 3days) in the past week, meeting the American College of Sports Medicine recommendations was measured using International physical activity questionnaire (IPAQ). Multivariable logistic regression analyses were conducted to identify independent correlates of low levels of physical activity and its relationship with CVD risk factors. A high proportion (65.2%; 95%CI, 62.6-67.7) of male South Asian migrants reported low levels of physical activity. Among female migrants 70.8% (95% CI, 66.9-74.5) reported low levels of physical activity. It varied by nationality, 89.8% (South Asian), 88.9% (Arab) and 54.1% (Filipinos), respectively. Among male South Asian migrants' occupational categories such as shopkeepers [adjusted odds ratio (AOR)=4.27; 95% CI, 2.18-8.34], or drivers (AOR=2.64; 95% CI, 1.69-4.11) and having urban background (AOR=1.59; 95% CI, 1.16-2.19) were significantly associated with higher odds of low physical activity. Low physical activity was significantly associated with abdominal obesity and high cholesterol in male South Asian migrants. Low level of physical activity is a significant public health problem among migrants in UAE.

Keywords: Physical activity, migrants, obesity, cardiovascular risk factors, UAE.