

Abstract

Title: Community Pharmacy–Based Weight Assessment Among Young People in Selected Pharmacies in Gombe Metropolis, Gombe State, North-East Nigeria

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Background: Obesity is a significant risk factor for most cardiometabolic diseases worldwide. Despite the rising burden of obesity-related cardiometabolic diseases, there is limited community-based epidemiologic evidence on weight status and associated risk factors among young people in Gombe State, Nigeria, thereby hindering development of targeted preventive and public health interventions in this vulnerable population.

Objectives: The aim of this study was to determine the distribution of weight categories and identify associated risk factors among young people attending selected community pharmacies in Gombe Metropolis between January and February 2026.

Methods: In a cross-sectional study, we consecutively recruited 240 young people between ages 10 and 24 who visited five purposively selected pharmacies within the study period. The details of the study were explained to the participants before obtaining verbal and signed informed consent. socio-demographic, lifestyle and clinical data were collected including height and weight. Body Mass Index (BMI) was calculated and categorized based on World Health Organization standards. The data were analyzed using Statistical Products for Service Solutions (SPSS) version 30.0, while Chi-square test and fisher's exact test were employed to determine relationships among variables at $p < 0.05$ level of significance.

Results: Of the 240 participants, slightly more than half were male (50.8%) and less than 20 years of age (53.8%). Nearly one-quarter (23.8) were overweight/obese while 57.5% had normal weight and 18.8% were underweight. The findings showed that obesity was significantly associated with age ($p = 0.008$), marital status ($p < 0.001$), educational level ($p = 0.022$), occupation ($p = 0.007$), alcohol intake ($p = 0.001$), cigarette smoking ($p = 0.001$), and exercise frequency ($p = 0.036$).

Conclusion: This study found that overweight and obesity were fairly common among young people in Gombe metropolis while obesity was significantly associated with age, marital status, education, occupation, alcohol use, smoking and exercise frequency. We recommend a nationwide community pharmacy-based weight screening and provision of tailored interventions among young people.

Keywords: Community Pharmacies, Weight Assessment, Young People, Gombe Metropolis, Nigeria