**Factors associated with central overweight and obesity in students attending the University for Development Studies in Tamale, Ghana: A cross-sectional study**

**Abstract**

Central obesity (i.e. fat around the abdomen and waist) increases the risk of developing cardiovascular diseases. We investigated the prevalence of central obesity among university students in Ghana and influencing factors. Sixty-one percent and 10% of the students were centrally overweight and obese respectively. Central obesity and overweight was higher in female than in male students; in students who engaged in light activity than those in vigorous activity. Seven percent of coffee drinkers were centrally obese compared to 14% of non-coffee drinkers.

**Message:** We encourage individuals to exercise regularly to maintain good health and vitality.