In the 2017 April issue of the FASEB Journal, an article titled "Incidence of Obesity among Employees in a Nigerian University" by Opeyemi C. Emiloju, Shalom N. Chinedu, Franklyn N Iheagwam, and Micheal Onuoha presented an investigation into the prevalence of overweight and obesity among employees in a Nigerian university. The study aimed to understand the risk of chronic diseases such as cardiovascular diseases, diabetes, and cancer associated with obesity.

The prevalence of underweight, normal weight, overweight, and obesity among the participants was calculated to be 1.65%, 35.49%, 31.50%, and 31.36%, respectively. Among female subjects, the prevalence was 1.07%, 29.29%, 27.14%, and 42.5%, respectively, while among male subjects, it was 2.01%, 39.37%, 34.23%, and 24.38%, respectively.

The study concluded that over 60% of the subjects were overweight or obese, with obesity being more prevalent among female subjects. This highlighted the need for regular weight checks among employees in Nigeria to encourage necessary prevention strategies against obesity and its related diseases.