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

**Abstract**

Excessive fat around the abdomen and waist (central obesity) increases the risk of developing cardiovascular diseases. Among university students in Ghana sixty-one percent and 10% of 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 IN those WHO ENGAGED in vigorous activity. Seven percent of coffee drinkers were centrally obese compared to 14% of non-coffee drinkers.

**Message:** VIGOROUS AND REGULAR exercise HELP to maintain good health and vitality.