

عنوان مقاله:

An Investigation about Anthropometric Indicator for Inhabitants of Zanjan in Comparison with NCHS Standards

محل انتشار:

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خلاصه مقاله:

Background and Objective: Anthropometry is the most common way for measuring body growth in human which today is raised as a predictive indicator in epidemiologic, metabolic and appearing illness related to obesity as well. Materials and Methods: The research is part of a study named "a Healthy Heart" had been carried out among people of Zanjan in ۲۰۰۳ with cross-sectional research design. About ۱۸۲۱ people of Zanjan inhabitants above ۱۵- year-old participated using multi-stages random cluster sampling method. Questionnaire consisted of personal information and anthropometric indicators which the results then compared with standard charts of NCHS. Results: The average of the weight in men and women was respectively ۶۸.۷ ± ۱۲.۵ and ۶۱.۷ ± ۱۱.۸ kg, and average of the height was ۱۷۰ ± ۷ and ۱۵۶ ± ۷ cm respectively. The average of the BMI index men and women was ۲۳.۷۳ and ۲۵.۴ ± ۴.۹ kg/m^۲ respectively. ۳۲.۸% of participants were overweight and ۱۲.۵% were obese. ۲۷.۷% of women and ۱۰.۷% of men had abdominal obesity ($P < ۰.۰۵$). Positive and significant relation was observed between BMI and age ($R = ۰.۳۶$), BMI and marital status ($R = ۰.۳۹$). A reverse and significant relation was observed between BMI and education level ($R = -۰.۱۸$). Conclusion: According to the findings of this study which reveals that considerable amount of women affected by abdominal obesity, paying attention to life style especially women's in all age groups is proposed.

کلمات کلیدی:

Key words: Anthropometry, Obesity, BMI, Zanjan

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