نویسندگان:

یحیی پاسدار - *kermanshah, iran*

میترا دربندی - *School of Public Health, Kermanshah University of Medical Sciences, kermanshah, iran*

پریسا نیازی - *School of Public Health, Kermanshah University of Medical Sciences, kermanshah, iran*

شکوفه القاصی - *School of Public Health, Kermanshah University of Medical Sciences, kermanshah, iran*

فرح روشن پور - *kermanshah, iran*

خلاصه مقاله:

Background & Objective: Obesity is a public health problem in modern societies which is more prevalent among women compared to men. This study was conducted to aim the prevalence of obesity and the related factors in women of Kermanshah. Materials and Methods: In the present cross-sectional study, ۶۸۷ women aging ۲۵-۶۵ years were enrolled using multi staged cluster sampling method from ۶ regions of Kermanshah city. Data collection tools were a demographic questionnaire, Food Frequency (FFQ) and physical activity questionnaires. General Obesity was defined as BMI≥۳۰ kg/m۲ and abdominal obesity was defined as waste hip ratio (WHR) over ۰.۸۵cm. All data were analyzed using correlation coefficient, Logistic regression-test and x۲ by SPSS software. Results: Overweight and obesity was observed in ۳۹.۴% and ۲۱.۹ % of women respectively. ۵۷.۵% of studied subjects suffered from abdominal obesity. The odds ratios for obesity among illiterate (OR=۱.۸۸۲, P=۰.۰۵), low socioeconomic status (OR=۱.۸۶۷, P=۰.۰۰۲), and having more than four pregnancies (OR=۱.۸۷۵, P=۰.۰۱) were higher than other women. Odds ratio of fatty liver (OR: ۳.۸۱۸) and diabetes (OR: ۳.۰۷۷) was higher among obese subjects than normal individuals. (P=۰.۰۲).There was a positive correlation between obesity and marital status, number of pregnancies, family population size and unhealthy dietary habits (P<۰.۰۰۱). Moreover, there was a negative relationship between obesity and education level, employment and high socioeconomic status (P<۰.۰۰۱). Conclusions: Regarding the side effects of obesity and overweight, lifestyle modification and increasing nutritional knowledge among women using appropriate methods is highly recommended.

کلمات کلیدی:

Obesity, Body Mass Index, Food Groups, Physical activity, چاقی, نمایه توده بدن, گروه های غذایی, فعالیت بدنی