

عنوان مقاله:

OBESITY PATTERN IN SOUTH OF IRAN: ۲۰۰۲-۲۰۰۶

محل انتشار:

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Abstract INTRODUCTION: The most important factor in mortality and morbidity and disability in most world countries is cardiovascular disease. Preventable risk factors include smoking, hyperlipidemia, hypertension, sedentary life and obesity. Unfortunately, in these eras, obesity is an important health challenge. We assessed the trend of obesity in the southern Iran community. METHODS: Two cross-sectional community-based studies in ۲۰۰۲ and ۲۰۰۶ in ۱% of community aged over ۱۸ years residing in southern Iran were performed. City population was selected using cluster-based sampling. The questionnaires were filled by trained interviewers who went on house visits and obtained variables including age, sex, weight and height using standard measurements. Findings were divided according to WHO criteria as low-weight, normal-weight, overweight and extreme obesity, and morbid obesity; data were analyzed using descriptive statistics and SPSS software. RESULTS: The population studied in ۲۰۰۲ and ۲۰۰۶ numbered ۱۵۰۰ (۹۵۶ women and ۵۴۴ men) and ۱۳۲۹ (۹۴۳ women and ۳۸۶ men), respectively. Body mass index in ۲۰۰۲ and ۲۰۰۶ was ۲۴.۲۹ ± ۱۰.۹ and ۲۸.۲۴ ± ۴.۳ kg/m^۲, respectively which is statistically significant ($P < ۰.۰۵$). Despite the decrease in absolute obesity of the community, the population is faced with statistically significant obesity. CONCLUSION: Multiple studies have shown the relation between sedentary life and weight gain and loss of health. In comparison with studies in different countries, obesity in south of Iran is alarming, especially as number of overweight women was twice that of men. Keywords: Obesity, cardiovascular disease, body mass index

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