

عنوان مقاله:

Prevalence of Overweight, Obesity, and Its Related Factors in Adult Population of Yazd

محل انتشار:

فصلنامه تغذیه و امنیت غذایی، دوره 5، شماره 3 (سال: 1399)

تعداد صفحات اصل مقاله: 9

نویسندگان:

Ameneh Marzban - *Department of Human Ecology, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Azadeh Nadjarzadeh - *Nutrition and Food Security Research Center, Department of Nutrition, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Masoumeh Abbasi-Shavazi - *Department of Health Education and Promotion, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Mohammad-Reza Rezaei - *Department of Geography, Yazd University, Yazd, Iran*

Sara Jambarsang - *Department of Biostatistics, Research Center of Prevention and Epidemiology of Non-Communicable Disease, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Mohammad-Hassan Ehrampoush - *Environmental Science and Technology Research Center, Department of Environmental Health Engineering, School of Public Health, Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

خلاصه مقاله:

Background: Obesity is considered as the greatest cause of chronic diseases worldwide. The prevalence rate of obesity and overweight should be recognized in the community for planning and prioritizing health problems. The aim of this study was to investigate the prevalence of obesity and overweight and its related factors among residents of Yazd city, Iran. Methods: This cross-sectional study was conducted among 790 participants aged 20-70 years. Participants were selected through multi-stage systematic sampling in 2018. The individuals' demographic data, and anthropometric measurements such as height and weight were measured. Data were analyzed by descriptive statistics, chi-square, and correlation coefficients. Results: The mean age of participants was 45.10 ± 14.56 years. According to the results, 170 (21.51%) and 280 (35.44%) participants were obese and overweight, respectively. Overweight was also associated with demographic variables of mobility, age, and income. Furthermore, a significant relationship was found between weight status and demographic variables of mobility, age, and income. Based on the results, a significant and positive correlation was observed between body mass index and age ($R = 0.75$, $P = 0.03$). Conclusion: Obesity and overweight is a major public health problem in Yazd, especially among women, older age, and low-income groups in Yazd. Therefore, appropriate plans should be designed to reduce this health problem.

کلمات کلیدی:

<https://civilica.com/doc/1151787>

