Prevalence of obesity and its association with socioeconomic factors in elderly Iranians from Razavi-Khorasan Province

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Abstract

There are little data regarding the prevalence of obesity and its socioeconomic determinants among elderly individuals, particularly in Iran. We wished to determine the prevalence of overweight and obesity in free-living elderly people and the relationship to nutritional and socioeconomic factors in the Razavi-Khorasan province of Iran. Free-living elderly persons (٩١٧ males/١٠٤٥ females), aged ≥٦٠ years, were recruited using cluster sampling. Overweight and obesity were evaluated using body mass index (BMI) and subjects were categorized as thin (BMI < ١٨,٥ kg/m^2), normal (١٨,٥-٢٤,٩ kg/m^2), overweight (٢٥-٢٩,٩ kg/m^2), and obese (≥٣٠ kg/m^2). The association between the prevalence of overweight or obesity with socioeconomic and demographic factors, including gender, place of residence, literacy, type of living, source of income, use of supplements during the past ٣ months, and employment status, was examined using regression analysis. The distribution of BMI values indicated that ١٣, ٤٦,٥, ٢٨,٩, and ١١,٧٪ of the total population were thin, normal, overweight, and obese, respectively. The prevalence of central obesity was higher among Iranian women than men (٦٣,١ vs. ١٨,٦٪, respectively). Regression analysis results indicated that gender (p < ٠,٠٠١), place of residence (p < ٠,٠٠١), literacy (p = ٠,٠١), and source of income (p < ٠,٠٠١) were significantly associated with the incidence of overweight or obesity. This study showed that ٤٠,٦٪ of elderly subjects were overweight or obese. Results reinforce the need to plan strategies for primary prevention of this fast-growing public health problem. ©٢٠٠٩ with author. Published by TheScientificWorld.

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Author keywords

Body mass index (BMI); Free-living elderly people (community dwellers); Malnutrition; Obesity; Socioeconomic status

Indexed Keywords

EMTREE medical terms: adult; aged; article; body mass; cluster analysis; demography; educational status; female; human; incidence; income; Iran; major clinical study; male; nutrition; obesity; prevalence; regression analysis; residential area; sex ratio; socioeconomics; middle aged; waist circumference

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