Prevalence of obesity in diabetic patients who referred to Hamedan diabetes center 2009

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Abstract: Background: WHO estimates that more than 220 million people worldwide have diabetes. This number is likely more than double by 2030 without intervention. With 61% of the U.S. adult population considered overweight or obese. Type 2 diabetes is primarily a disease that affects late middle aged and elderly individuals. Due to increasing affluence lifestyle changes and obesity, however, it is also affecting younger age groups.


Methods: This was a descriptive study which 139 patients who referred to Hamedan diabetes center were simple randomly selected and assessed with interview form including demographic data & BMI measurement. Information gathering tool was a questionnaire form with content validity and same assessed with 2 researcher reliability. Subjects with (BMI) greater than 30 kg/m² were classified into an obese group while those with BMI between 18.5 and 24.9 kg/m² were included into a normal weight group.

RESULTS: Maximum sample of research, 40% age upper than 55 years old, 90% lived with family, 50% had variety level of physical activity who 43% was walking which 37.4% less than 1 hour & 41% had another disease. Only 7.2% of patients had normal weight, 65.5% were overweight and 8% had type 1 obesity.

DISCUSSION: As obesity is a major factor in a number of chronic diseases, including diabetes, treatments that reduce the burden of obesity would be beneficial. The National Heart, Lung, and Blood Institute has released a new practical guide to help doctors treat their overweight patients which consists of a 10-step plan to help the nation's 97 million obese or overweight adults to lose weight and thereby reduce their risk of illness or death from hypertension, diabetes and so on.

Prevalence, obesity, diabetic patients.

Presentation: Poster