

Różnice w zdrowiu w populacji Polski
29 września – 1 października 2011
Warszawa

Health differences in Polish population
29 September – 1 October 2011
Warsaw, Poland

Prevalence of obesity in a sample of Polish population

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Methods

- preliminary analysis of prevalence of overweight and obesity
- 3854 subjects (1287 men and 2567 women)
- anthropometric measurement included: height, weight, waist and hip circumference
- calculation of BMI and WHR

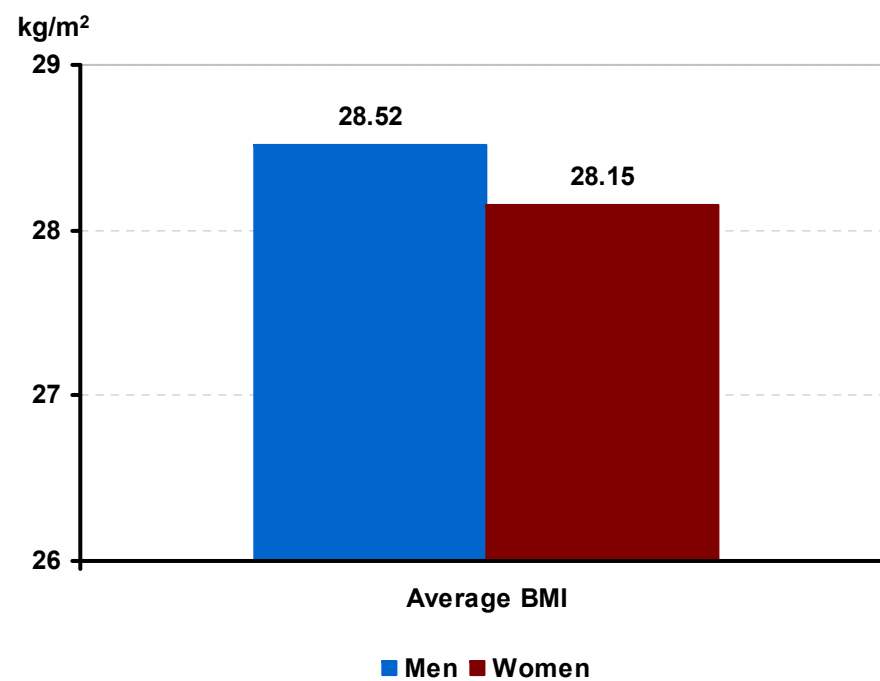
PONS - methods

- overweight $30,0 < \text{BMI} \leq 25,0$
- obesity $\text{BMI} \geq 30,0$
- cut off points for abdominal obesity:

	MEN	WOMEN
WHR	$\geq 0,94$	$\geq 0,80$
WC	$\geq 102 \text{ cm}$	$\geq 88 \text{ cm}$

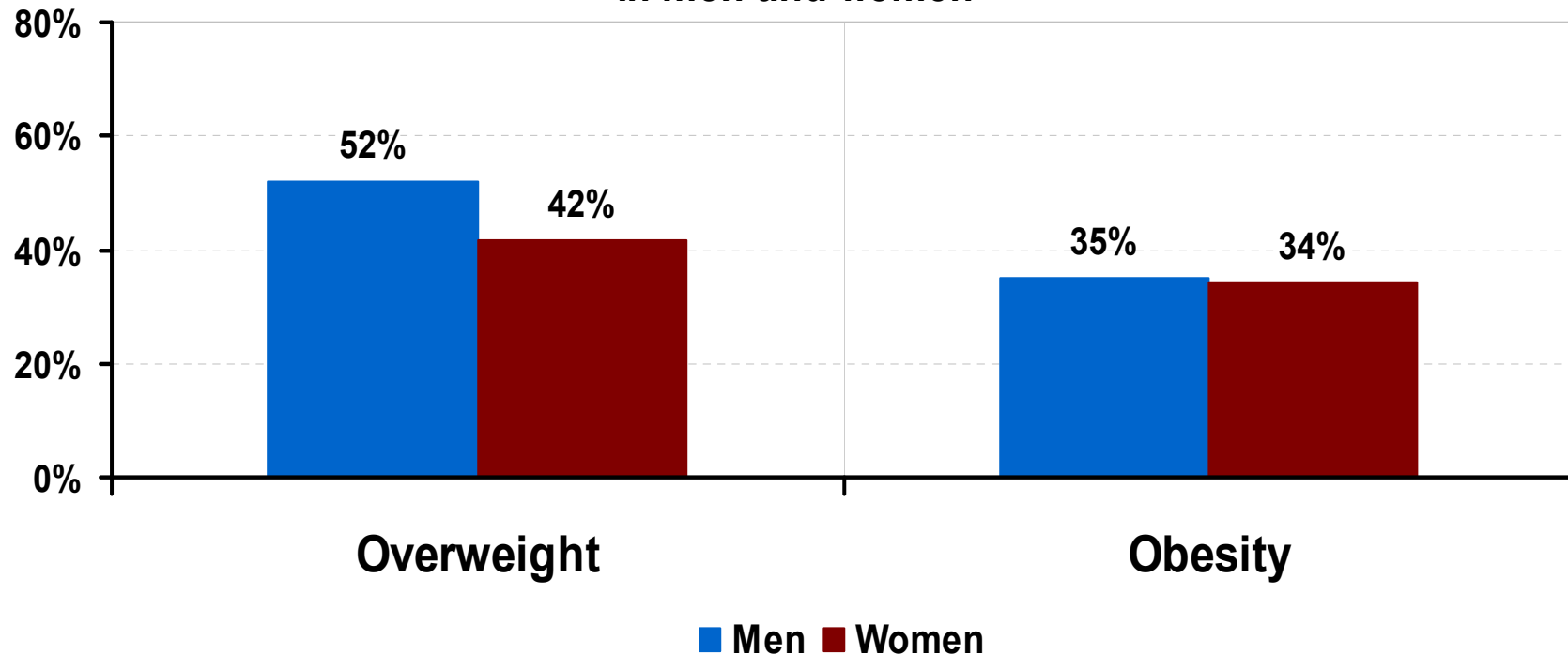
RESULTS

Average BMI in men and women



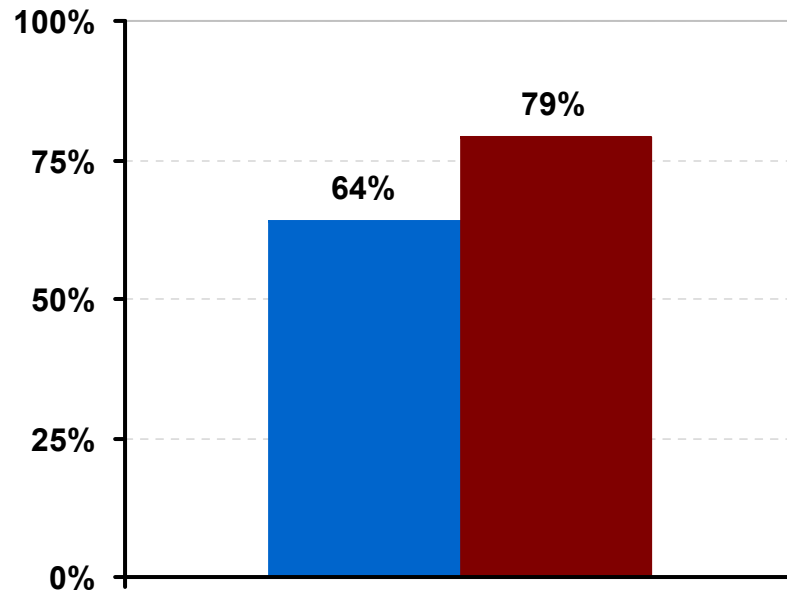
RESULTS

**Prevalence of overweight ($30,0 < \text{BMI} \leq 25,0$) and obesity ($\text{BMI} \geq 30,0$)
in men and women**



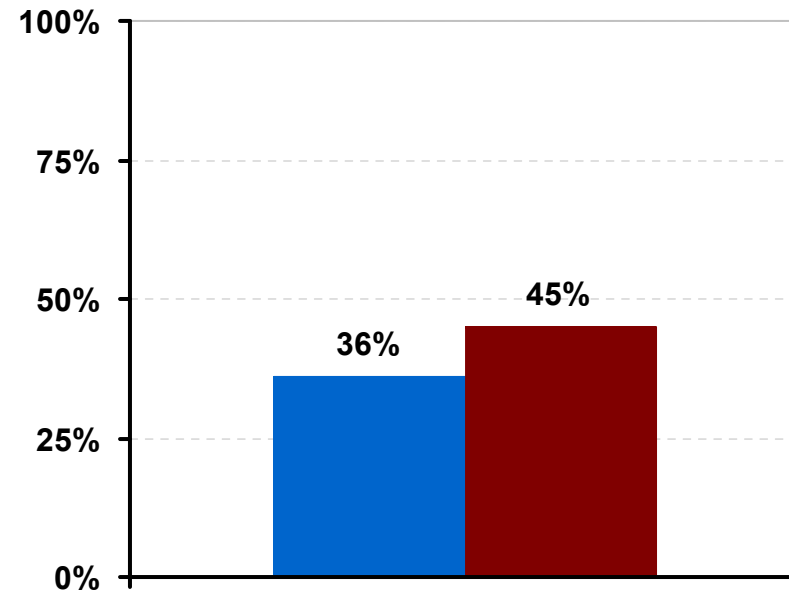
RESULTS

Prevalence of abdominal obesity in men and women



Abdominal obesity according to WHR

■ Men ■ Women

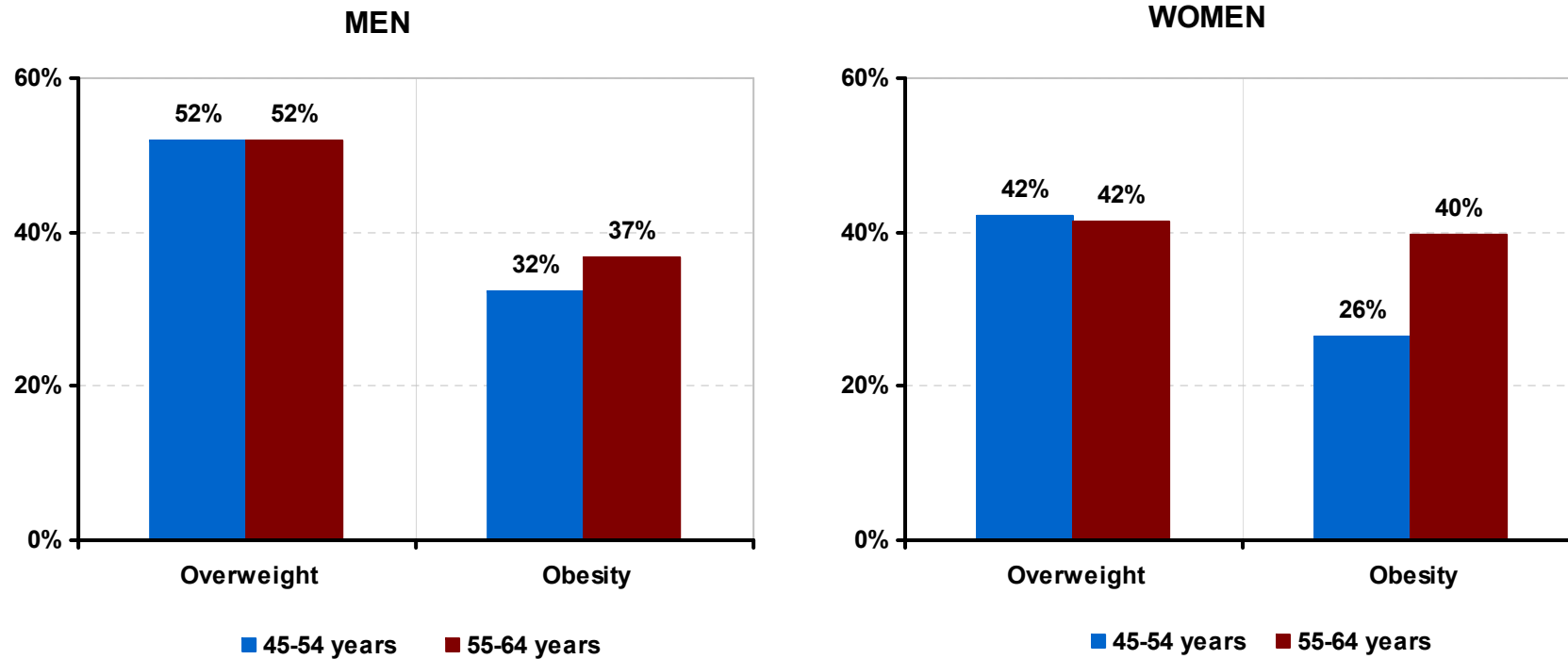


Abdominal obesity according to WC

■ Men ■ Women

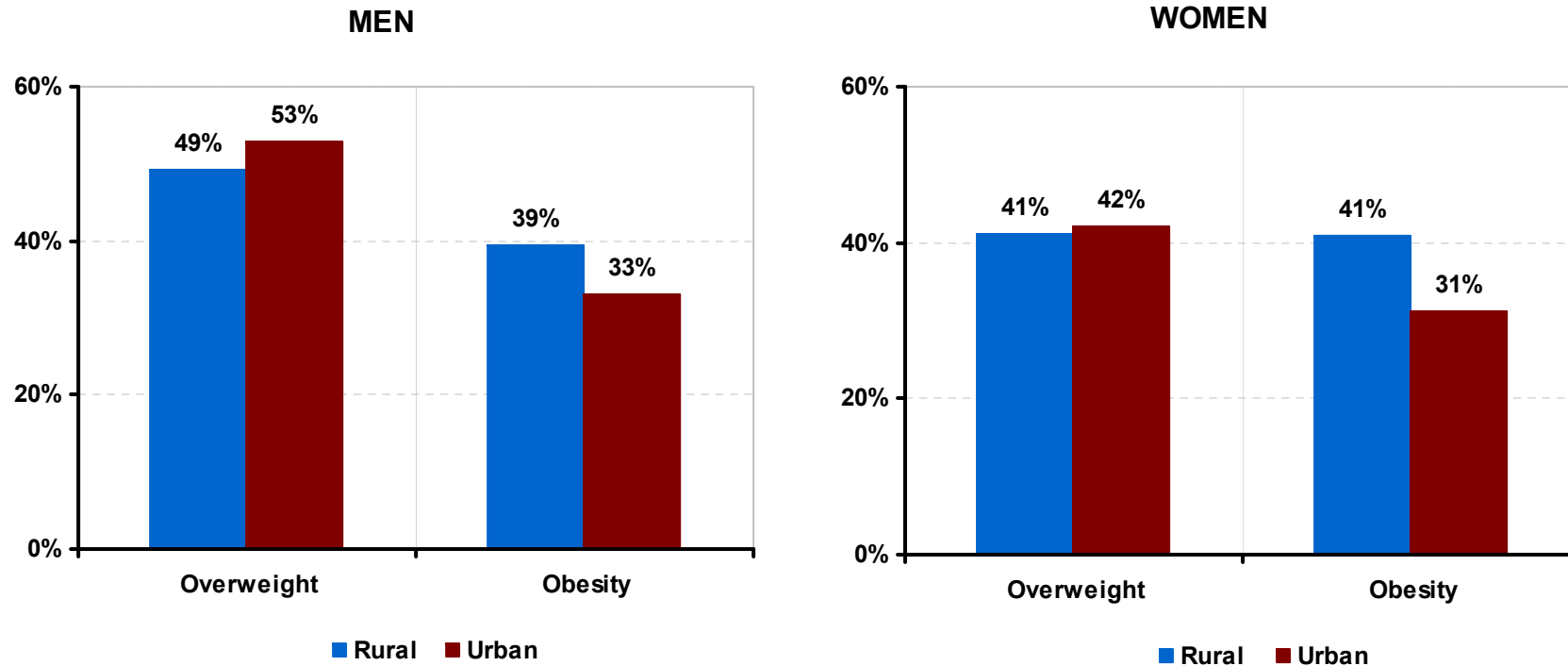
RESULTS

Prevalence of overweight ($30,0 < \text{BMI} \leq 25,0$) and obesity ($\text{BMI} \geq 30,0$) by age



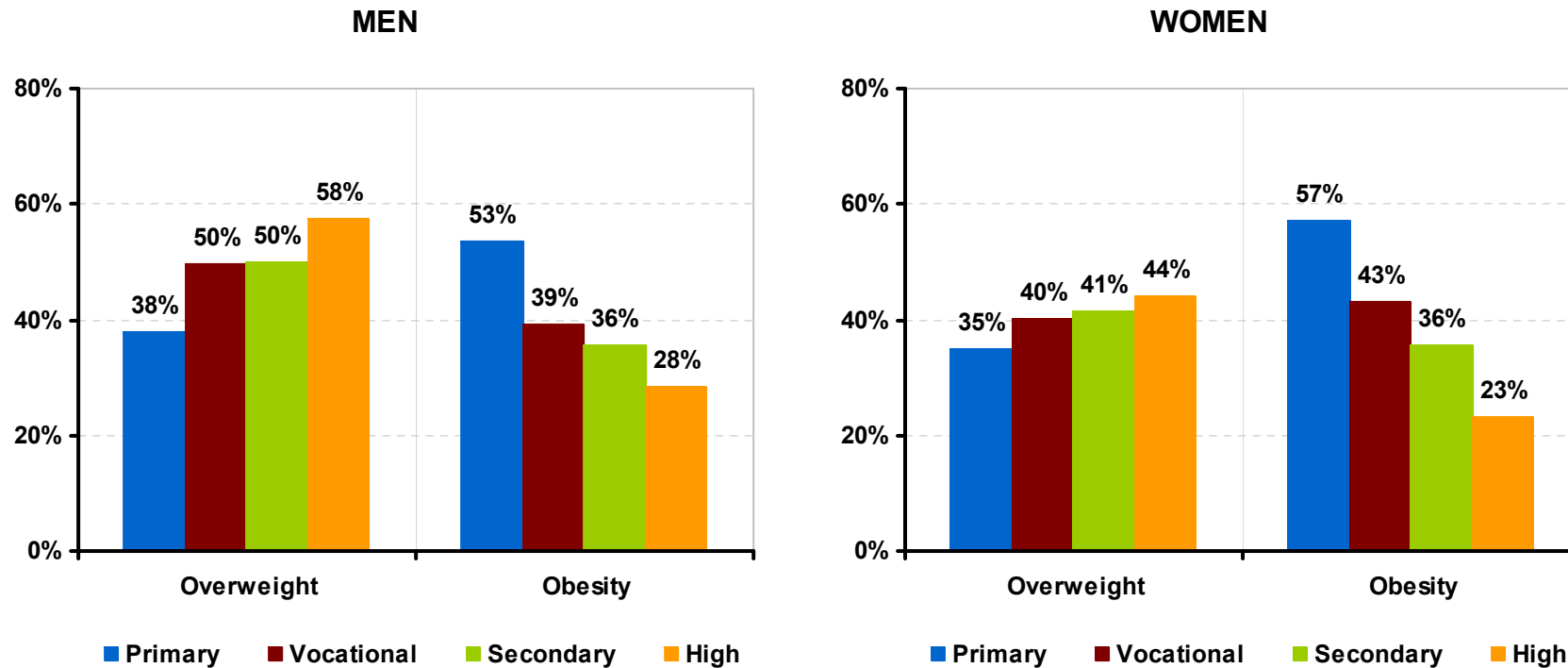
RESULTS

Prevalence of overweight ($30,0 < \text{BMI} \leq 25,0$) and obesity ($\text{BMI} \geq 30,0$) by area of residence

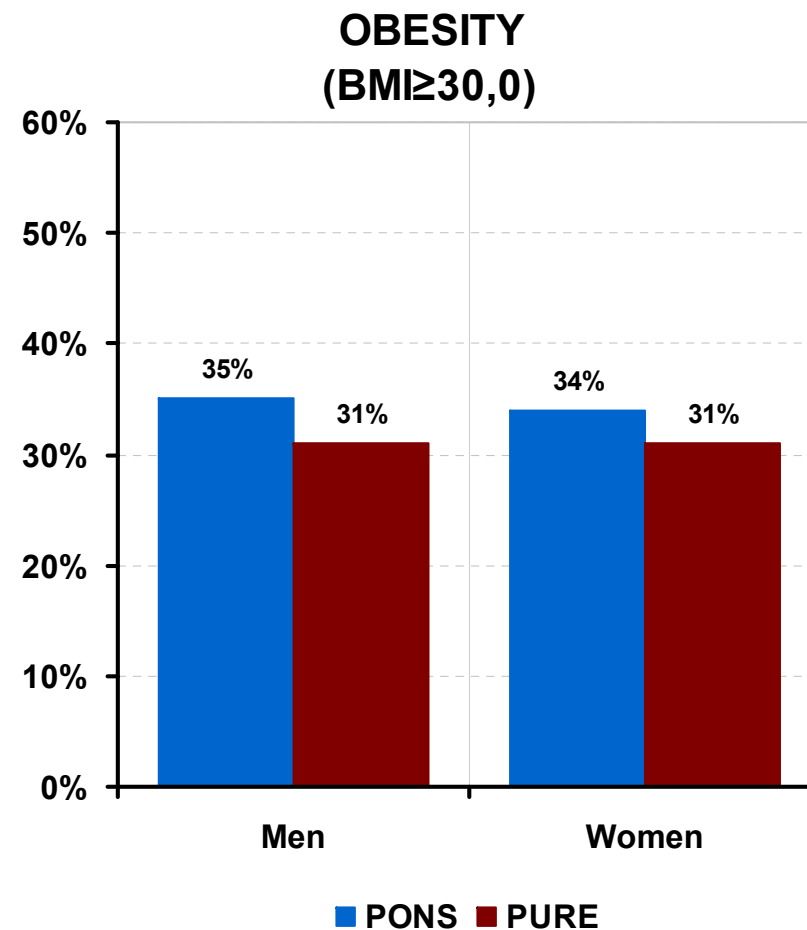
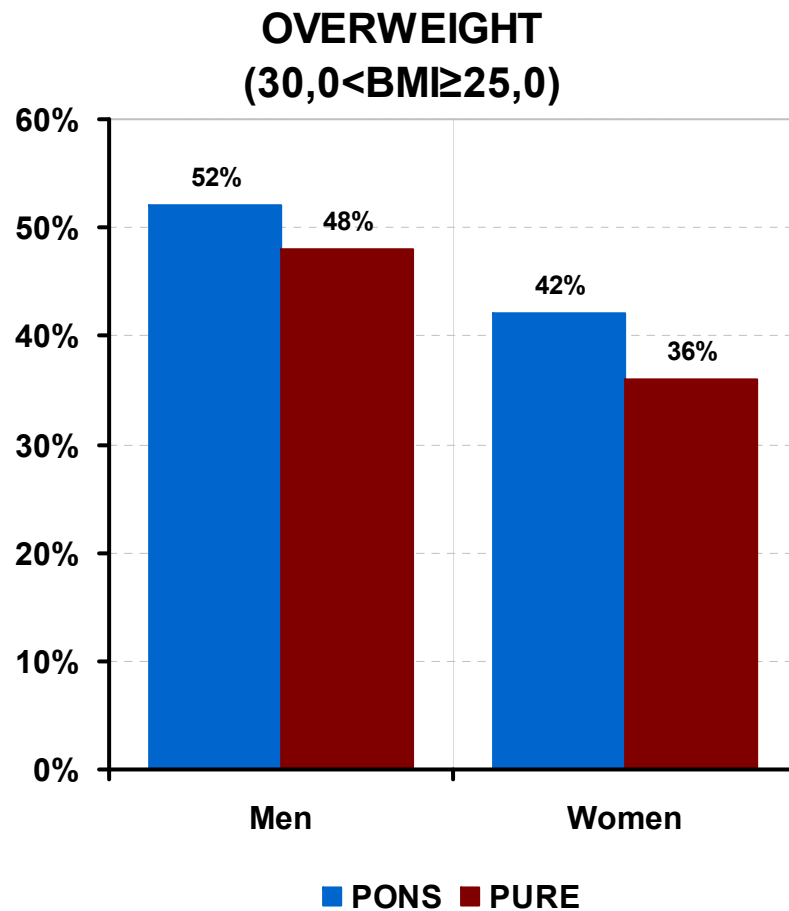


RESULTS

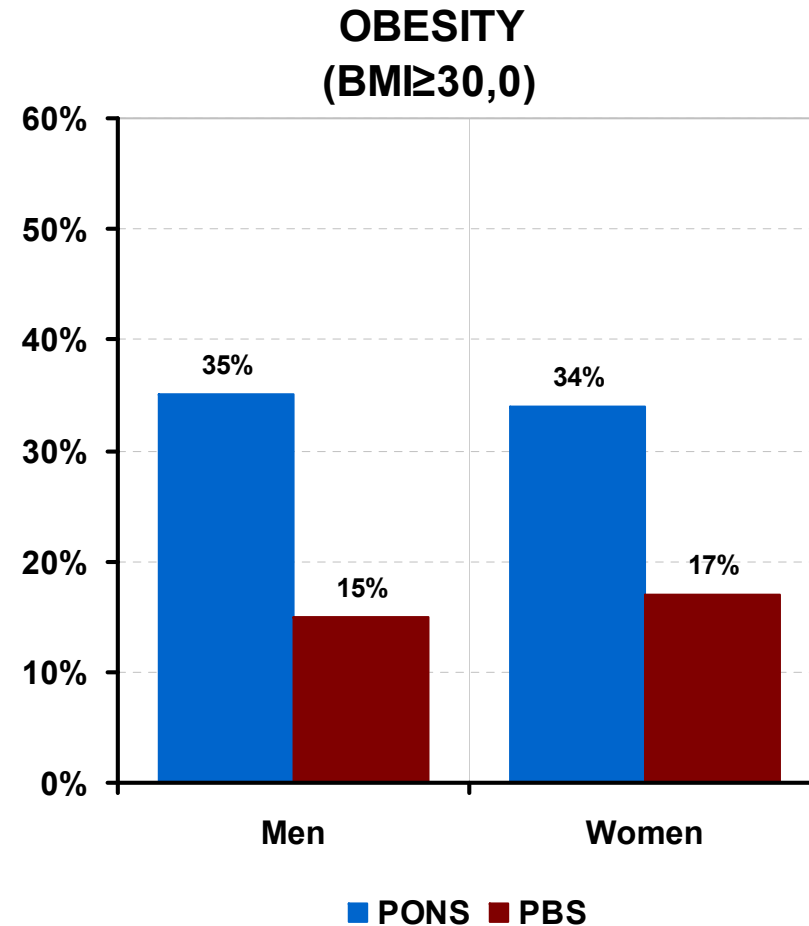
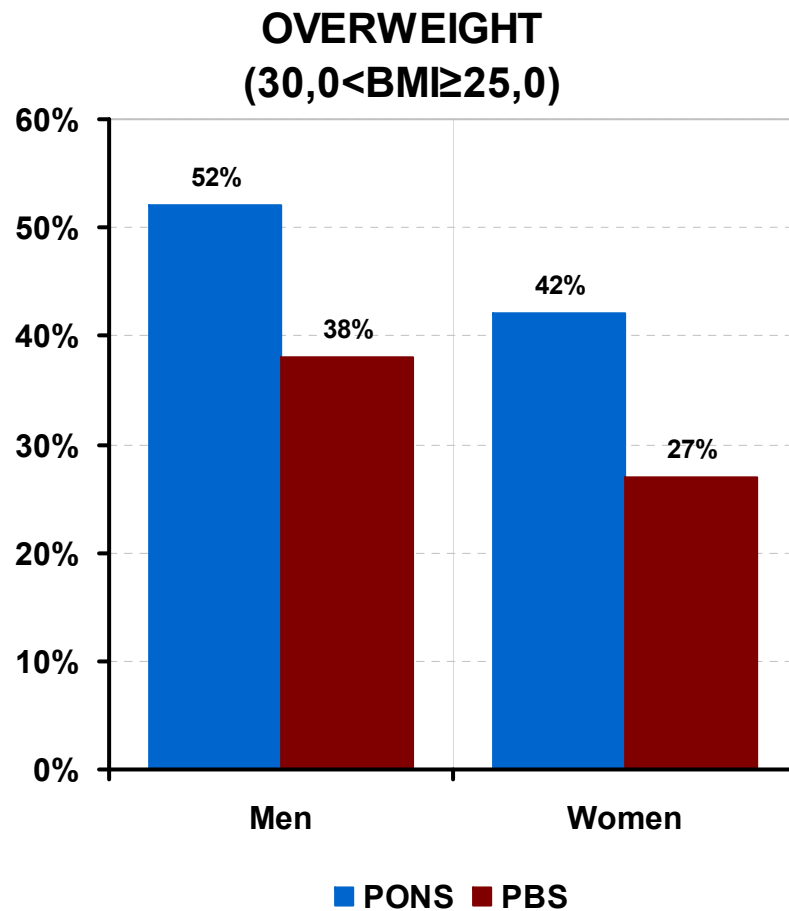
Prevalence of overweight ($30,0 < \text{BMI} \leq 25,0$) and obesity ($\text{BMI} \geq 30,0$) by education



COMPARISON WITH PURE STUDY

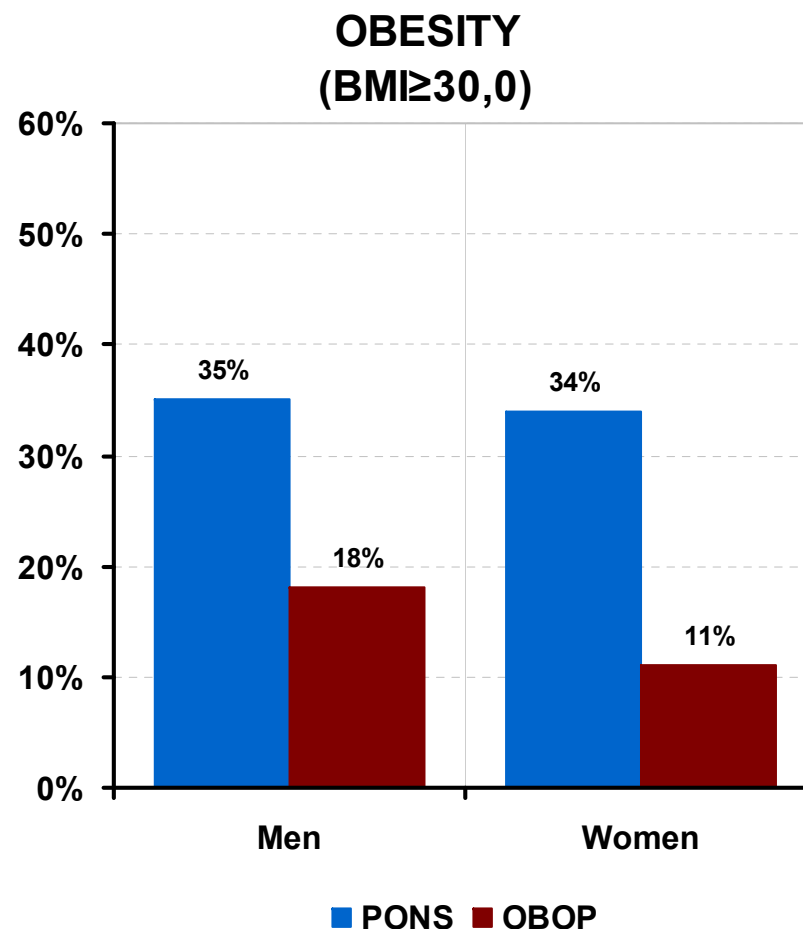
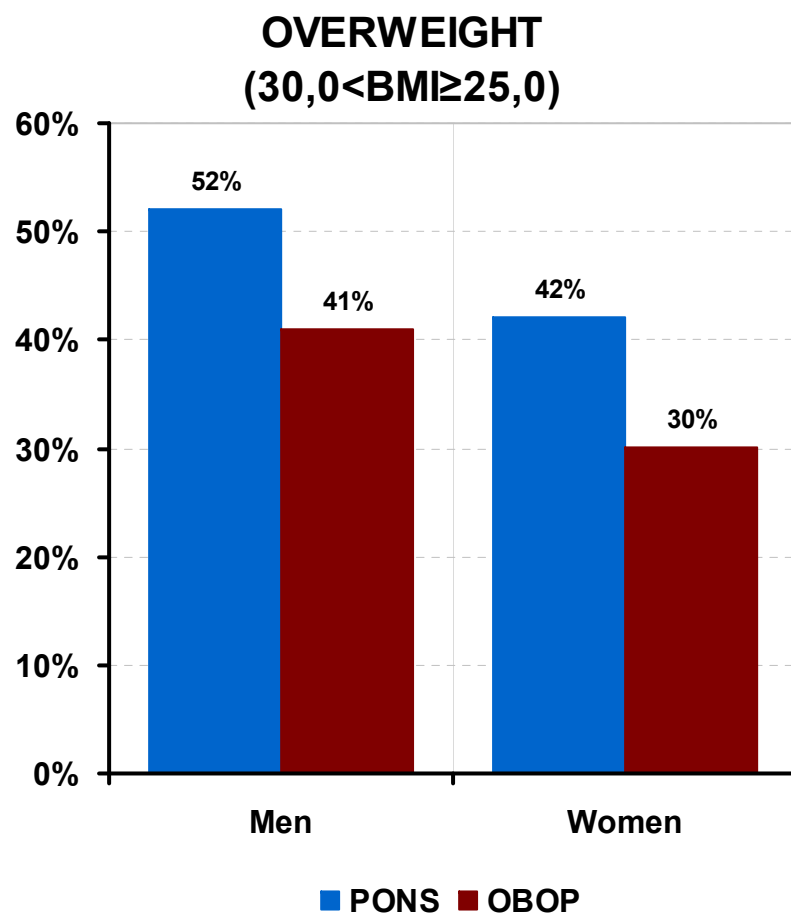


COMPARISON WITH PBS STUDY* (2006)



*MEASURED WEIGHT AND HEIGHT

COMPARISON WITH OBOP STUDY* (2010)



*REPORTED WEIGHT AND HEIGHT

Conclusions:

- almost 80% of subjects have excessive weight (BMI \geq 25,0)
- prevalence of overweight is higher in men, obesity is the same
- average BMI higher in men
- high prevalence of abdominal obesity in study group
- prevalence of obesity higher in older age groups and in rural inhabitants
- no substantial differences in prevalence of overweight between age groups and rural and urban inhabitants
- the higher education level, the higher overweight in men and women
- the higher education level, the lower obesity in men and women
- plan of further detailed multifactoral analysis which will include factors as diet, physical activity, health conditions and diseases