



Prevalence and risk factors of overweight and obesity among individuals over 40 years old in Luzhou city

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ABSTRACT. In this study, a survey was conducted through questionnaire distribution and physical examinations were performed in 10,150 residents that were over 40 years old in Luzhou city. Respondents were selected by the multi-stage sampling method. The mean body mass index (BMI) of the sample population was 23.9 ± 3.3 kg/m². Among men, BMI showed a negative relationship with increasing age ($P < 0.05$), whereas among women, it showed a positive relationship ($P < 0.001$). The rates of overweight and obesity increased with age and reached a peak between 60 to 70 years of age ($P < 0.001$). The rates of overweight and obesity varied with different working conditions, training situations, educational levels, marital status, and other factors ($P < 0.05$). Age, educational level, daily sitting time, and family history of diabetes were factors that influenced the prevalence of overweight and obesity through multivariate logistic regression analysis ($P < 0.05$). The incidences of overweight and obesity among the middle-aged population were

found to be significantly high. Therefore, prevention and control measures should be adopted as soon as possible.

Key words: Body mass index; Middle-aged; Obesity; Overweight; Prevalence; Risk factors