THE PREVALENCE AND TRENDS OF OBESITY IN TRABZON CITY, TURKEY FROM 1999 TO 2011
I. Nuhoglu, N. Civan, M. Kocak, H. Coskun, H.O. Ersoz, C. Erem
Endocrinology and Metabolism, KTU Medical Faculty, Turkey

OBJECTIVE: Obesity is an emerging public health threat in developing countries. The aim of this study was to assess the prevalence of overweight/obesity and central obesity in 2011 and investigate trends in body mass index (BMI) and prevalence of overweight/obesity among adults between 1999 and 2011 in Trabzon city, Turkey. METHODS: This study was cross-sectionally designed with random cluster sampling of households and a total of 2646 and 3696 subjects aged 20-80 years were recruited. Each subject completed a self-administrated questionnaire and received anthropometric measurements. BMI of 25.0–29.9 kg/m² was accepted as overweight and above 30.0 kg/m² as obesity. Prevalences with 95% confidence intervals (95% CI) were calculated and logistic regression models were used to estimate 12-year trends.

RESULTS: The prevalence of obesity increased from 19.2% in 1999 to 34.4% in 2011 (p < 0.001). Obesity prevalence increased from 27.4% to 42.3% and from 10.7% to 23.6% in women and men respectively. The overall prevalence of overweight and obesity was higher in 2011 (70.6%) compared to 1999 (60.6%), p<0.05.

CONCLUSION: The proportions of the population with obesity and overweight increased significantly during the 12-year period from 1999 and 2011 for both men and women. Overweight and obesity among adults has become a serious public health problem and therapeutic and preventive strategies should be introduced.