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## Relationship between overall and abdominal obesity and periodontal disease among young adults

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Obesity as one of the most significant health risks of modern society, is now recognized a major health concern in both developed and developing countries. The prevalence of obesity is increasing at alarming rates reaching epidemic proportions particularly among children and young adults. Analyzing the effect of nutritional variables on gingival and periodontal health questions the role of obesity and overweight in periodontal disease pathogenesis. However, studies exploring the relationship between obesity and periodontal disease from developing countries with different eating habits and health behaviors are scarce. The objective of this study was to assess overall and abdominal obesity and their relation to periodontal disease among young adults. The sample comprised 380 young adults (170 males and 210 females) ranging from 20 to 26 years. Body mass index (BMI) and waist circumference (WC) were measured to assess overall and abdominal obesity. Clinical attachment loss (CAL), gingival index (GI) and community periodontal index (CPI) were measured. Results revealed a significant correlation between BMI & WC and CAL, GI and CPI in females. In males, a significant correlation was only recorded between WC and GI and CPI. It is concluded that overall and abdominal obesity of young adult females and abdominal obesity of males were significantly associated with periodontal disease.

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