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Prevalence of obesity in Iranian adults, since 2000

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Aim: Rates of obesity are rising alarmingly in most regions of the world, and this trend is not restricted to developed countries. The objective of this paper is to present the data for the prevalence of adult obesity in Iran, since 2000.

Methods: The prevalence of obesity among Iranian adults aged 20 years or older were determined using data from the national surveys. Height and weight were actually measured rather than self-reported.

Results: The prevalence of adult obesity nearly doubled from 12% in 2000 to 20% in 2007, and it remained high. Among adults (ages 20+), female obesity rates are higher than male obesity rates. Our results provide the national data on obesity prevalence by sex, age, and place of residence, since 2000.

Conclusions: A concerted effort must be made by the government to focus on the prevention and treatment of obesity in Iran.

Biography

Enayatollah Bakhshi has completed his PhD in Biostatistics from Tehran University of Medical Sciences and has taken a sabbatical at University of Auckland, New Zealand. He has published 25 papers in journals that are indexed in Pub Med.

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