



BODY MASS INDEX AND WAIST CIRCUMFERENCE IN GREEK ADULTS

<http://www.firstlight.cn> 2009-03-01

The aim of the present study was to investigate overweight and obesity, in Greek adults. In the present study, 110 men and women, 19- to 60 years old, took part. Measurements of subject's height, body weight, and waist circumference (WC) were performed. BMI was used for the evaluation of the degree of overweight and obesity and WC for the evaluation of the degree of central obesity, according to the values for adults set by World Health Organisation (WHO). For the statistical analysis the statistic packet SPSS/PC version 12.0 for windows was used. From data statistical analysis, it was found out that men had BMI 24.94 ± 3.22 kg/m² and WC 90.78 ± 13.24 cm, while women had BMI 22.99 ± 4.75 kg/m² and WC 80.64 ± 11.19 cm. T-tests showed that the observed differences between men and women in both BMI and WC were significant ($t=2.51$, $p<0.05$ and $t=4.34$, $p<0.001$, respectively). Additionally, it was found out that more than half of the men were overweight and/or obese (51.9%), while approximately the 1/5th of women were overweight and/or obese (21.5%). Chi square test showed that sex affects significantly the degree of overweight and obesity ($\chi^2=18.14$, $p<0.001$). Moreover, men presented central obesity to a percentage of 11.1%, while women presented central obesity to a smaller percentage (3.60%). Consequently, in the present study, there were observed high percentages of overweight and obesity, as well as of central obesity, especially on men. Thus, a combination of an exercise program with a balanced diet is suggested in order to lead to a normal body weight and normal abdominal fat quantity for an enhanced quality of life without health disorders due to obesity.

[存档文本](#)