

# OVERWEIGHT, CENTRAL OBESITY AND ABDOMINAL OBESITY IN MIDDLE-AGE ADULTS IN AN INLAND REGION OF NORTHEAST PORTUGUESE: A PILOT STUDY

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## INTRODUCTION

The prevalence of central and abdominal obesity has been increasing over last decades in developed countries. As well, the high prevalence of obesity in Portugal has already been documented, however it is need to better understand the prevalence in each region of the country.

## AIM

The aim of this study was to evaluate the prevalence of the overweight, central obesity and abdominal obesity in middle-age in an inland region o Northeast Portuguese



## METHOD

### Participants

A descriptive and cross-sectional community sample was collected two Portuguese primary health care centers (January 2019 to December 2020).

A total of 673 individuals aged 40–65 years were included:

- **Women:** 400 women (53.34 ± 7.33 years);
- **Men:** 273 men (53.01 ± 7.20 years).

### Procedures and Data Collection

Anthropometric measures:

- **BMI (kg/m<sup>2</sup>)** → Overweight and central obesity;
- **WC (cm)** → Abdominal obesity.

### Statistical Procedures

- **Categorical variables** → Counts (*n*) and proportions (%); Chi-squared test ( $\chi^2$ ) or Fisher exact with a 95% confidence interval (CI);
- **Continuous variables** → independent sample t-test or Mann-Whitney U test;
- **Statistical significance** was set at  $p < 0.05$ .

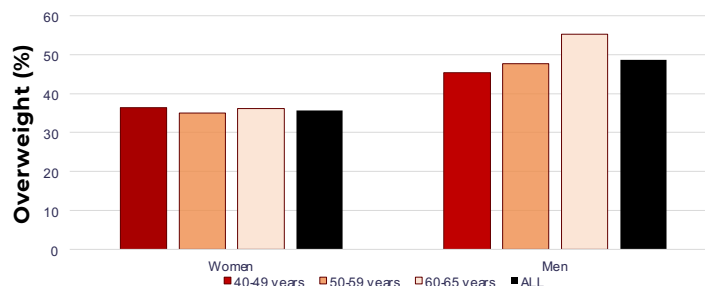
## RESULTS

### Prevalence (%):

- **Overweight:** 41.01%;
- **Central Obesity:** 30.61%;
- **Abdominal Obesity:** 67.20%.

### Sex disparity on Overweight and Obesity:

- **Overweight and Central obesity:** Men had higher prevalence of overweight (48.72%) and central obesity (31.14%) than women (35.75% and 30.25%, respectively). However, differences were not statistically significant between sexes for overweight and central obesity ( $p \geq 0.05$ ).
- **Abdominal obesity:** Significant differences among men and women were found for abdominal obesity ( $p < 0.001$ ). Women presented a higher prevalence of abdominal obesity (67.5%).



## CONCLUSIONS

- A higher prevalence of overweight, central obesity and abdominal obesity were reported for middle-age adults in this inland region of Northeast Portuguese. Our data suggest a higher prevalence of all three clinical conditions, comparing previous Portuguese epidemiological studies.
- Current report provides the **study pilot** for a more detailed epidemiological research. Also, preliminary findings emphasize the importance of **implementing physical activity programmes and promoting healthy lifestyles** to tackling this growing public health problem.

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