

## Association between socioeconomic factors and obesity in Iran

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### Abstract

The present study was conducted to determine the relationship between socio-economic factors and obesity within a population from Iran. Male and female subjects (n=2977) aged 15-70 years, were recruited from the Great Khorasan province of Iran using a cluster-stratified sampling method. Demographic and socioeconomic data were collected by questionnaire. Of the study population, 29.1% were overweight and 13.8% were obese. Being overweight and obese was significantly more prevalent among women than men and urban- compared to rural-dwellers. A high prevalence of overweight and obesity was seen among individuals who were divorced or widowed and among housewives, or individuals with poor education. Urbanization, age, illiteracy, female gender and divorced, or widowed status were significant predictors of obesity ( $p < 0.001$ ). The association of obesity with urban-dwelling which is consistent with previous reports was also found to be the most important determinant of obesity. The prevalence of obesity in urban residents of Iran is high, particularly among poorly educated women. A community-based approach using multiple strategies including appropriate education will be required to address this problem. © Asian Network for Scientific Information, 2009.

### Reaxys Database Information

### Author keywords

Iran; Khorasan province; Obesity; Overweight; Socioeconomic status

### Indexed Keywords

**EMTREE medical terms:** adolescent; adult; aged; article; cluster analysis; community program; controlled study; demography; divorce; educational status; female; human; Iran; major clinical study; male; marriage; nutrition education; obesity; prediction; prevalence; questionnaire; sex ratio; socioeconomics; urban population; urban rural difference; widow

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