

OVERWEIGHT AND OBESITY PREVALENCE AMONG URBAN SAMPLES OF LATIN AMERICAN COUNTRIES: FIRST RESULTS

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AIM

✓ To evaluate the prevalence of overweight and obesity in urban adult, representative samples of 8 different Latin American countries.

ELANS SAMPLE

- ✓ 8 countries
- ✓ Urban population
- ✓ Stratified by geographical location, gender, age, and social economical level
- ✓ 9,000 enrolled (19-65 yo)
- ✓ First results: subsample of 7260 adults



ELANS METHOD

- ✓ Household-based multicenter cross-sectional study
- ✓ Standard study protocol to evaluate nutritional intake, physical activity level, anthropometric measures:
 - ✓ Body Mass Index (BMI): According to WHO (2000)
 - ✓ Waist Circumference (WC) IDF (2006)
 - ✓ Neck Circumference (NC) ONAT (2009)

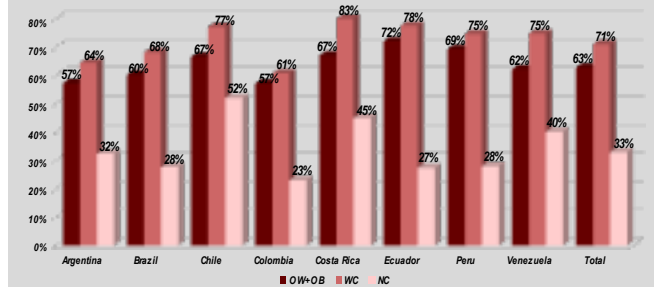
Distribution of ELANS sample by country, age group, gender, and socioeconomic level

	Argentina	Brazil	Chile	Perú	Colombia	Costa Rica	Ecuador	Venezuela	Total
Sample size (n)	1.115	1.765	761	948	1.082	677	981	981	8.001
Ages (%)									
20 - 34 years	40	42,2	40,3	48,5	41,1	44,5	47	47,1	43,5
35 - 49 years	34	34,4	33	31	31	33,1	33	32	32,8
50 - 65 years	26	23,3	26,7	20,5	27,9	22,5	19,9	20,9	23,6
Gender (%)									
Men	43,3	45,4	47,7	45,7	48,2	48,4	48,4	48,4	46,6
Women	56,7	54,6	52,3	54,3	51,8	51,6	51,6	51,6	53,4
Socioeconomic level (%)									
High	5,5	34,8	9,1	20,7	5,5	14,5	12,6	5,5	15,4
Medium	47,4	51,6	43,9	31,8	32,2	53	74,4	16,9	43,1
Low	47,1	13,6	47	47,6	62,4	32,5	12,9	77,6	41,5

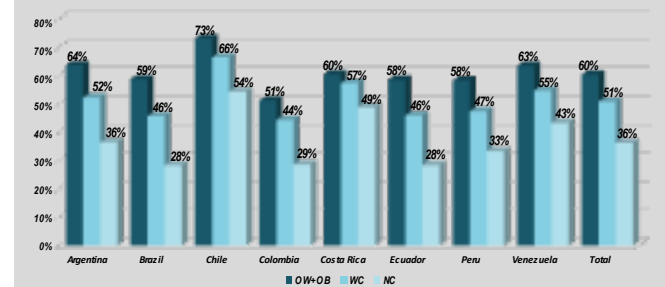
Distribution of ELANS sample by country and anthropometric status

	Argentina	Brazil	Chile	Perú	Colombia	Costa Rica	Ecuador	Venezuela	Total
Body Mass Index (BMI)									
Underweight	2,2	2,9	0,3	1,6	2,9	1,2	2,4	2,3	2,1
Normal weight	34,7	34,9	26,1	32	41,5	30,3	30,1	31	33,3
Overweight	34	35,1	39,9	40,9	37,3	34,7	39,7	36,1	36,9
Obese	29,1	27,1	33,6	24,8	18,3	33,8	27,8	30,6	27,6
Waist circumference (WC)									
Below cutoff point	40,9	42,1	28	37,2	47	29,7	37,8	34,9	38,4
Above cutoff point	59,1	57,9	72	62,1	52,8	70,3	62,2	65,1	61,5
Neck circumference (NC)									
Below cutoff point	65,8	72	46,9	69	74,3	53,2	72,2	58,4	65,5
Above cutoff point	34,2	28	53,1	30,4	25,7	46,8	27,8	41,6	34,5

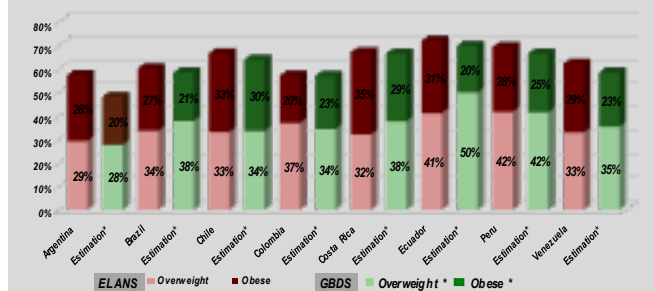
OW+OB, Abdominal Obesity (WC) & Central Obesity (NC) Prevalence for Women per Country



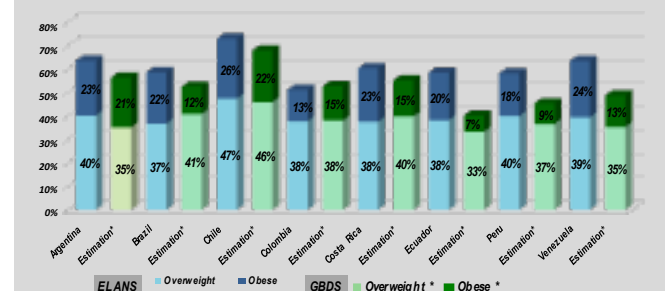
OW+OB, Abdominal Obesity (WC) & Central Obesity (NC) Prevalence for Men by Country



Overweight & Obesity Prevalence for Women per Country: ELANS VS GBDS Estimation for 2013*



Overweight & Obesity Prevalence for Men per Country: ELANS VS GBDS Estimation for 2013*



* "Global, regional, and national prevalence of overweight and obesity in children and adults during 1980-2013: a systematic analysis for the Global Burden of Disease Study 2013" Lancet 2014; 384: 766-81

ACKNOWLEDGEMENTS



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