

GEOGRAPHICAL VARIABILITY OF OVERWEIGHT

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The study analyses the predisposition to obesity and proper obesity in geographically differentiated populations from all the main historical provinces of Romania. The data indicate differentiations in the body mass according to geographical location and within it age and sex. From the anthropological viewpoint, among the studied populations, the Dobrogea population presents the strongest tendency of developing obesity and the highest frequency of obesity in a Quetelet index evaluation scale.

MATERIAL AND METHOD

Our study surveys the rural population in Moldavia, Banat, Transylvania and Dobrogea – including almost 6,190 subjects. We analyzed the variability of some body measures in correlation with the variability of the Quetelet index (BMI), according to sex and age.

ANALYSIS OF THE RESULTS AND CONCLUSIONS

The variability analysis of the Quetelet body mass index (BMI), in its evaluation scale, points out a series of similarities and differentiations between geographically differentiated populations.

As concerns the *Banat population*, overweight presents a certain sexual differentiation: the male population has a prevalence of overweight of 29.69%, as against the female population with overweight variants of 36.17%.

Within this overweight, we notice a predisposition to obesity (BMI between 25–29.99) of 24.53% in males and of 26.28% in females; ‘proper’ obesity (BMI >30.00) is recorded in an almost double percentage in females (9.89%), in comparison with males (5.16%) (Table 1).

If we analyse the changes with age of the main body measures, we shall find important differentiations between male and female series. (Figs. 1 and 2).

In the male series these changes begin after the age of 40 and are characterized by a slow value decrease of the vertical sizes and a slow increase of weight, waist perimeter and thorax perimeter, situation maintained until the age of 50. After the age of 50, the weight begins to decrease, but also the height and the sitting height; the horizontal sizes, especially the thorax perimeter, begin to increase.