

Evaluation of the prevalence of obesity and overweight in the Belarus within the Framework of the National Campaign “Early Detection and Prevention of Type 2 Diabetes Mellitus”



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Aims:

The rapidly increasing epidemic of obesity is one of the most challenging dilemmas facing endocrinologists all over the world today. Obesity increases risk of developing type 2 diabetes mellitus, and cardiovascular disease, the leading cause of death. The aim of our research was within the framework of the National Campaign “Early Detection and Prevention of Type 2 Diabetes Mellitus” to evaluate the prevalence of obesity and overweight in the Belarusian population.

Materials and methods: The National Campaign “Early Detection and Prevention of Type 2 Diabetes Mellitus” involved opportunistic screening of 15,478 individuals applying to the healthcare institutions of Belarus with the use of the FINDRISK (FINnish Diabetes Risk Score) scale. Distribution by age and sex were taking into account.

Gender distribution

70,25%

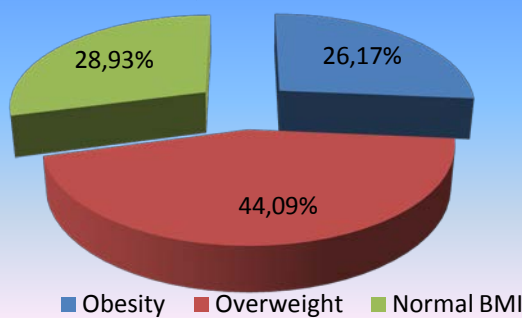


29,75%

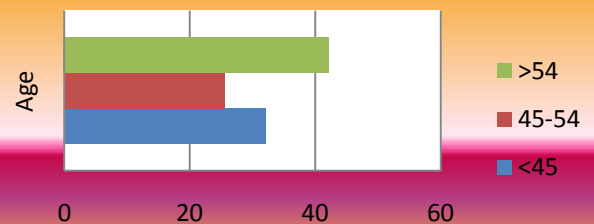
*The evaluation of overweight was estimated on the basis of body mass index (BMI) and abdominal fat mass was assessed by waist circumference(WC).

Results:

Body Mass Index



Distribution by age



According to the obtained data:

- 71.07% (10,875) of examined belarusian citizens had an excess body weight.
- 44.09% (6,824 respondents) were overweight
- 26,17% (4,051 respondents) were obese.
- normal and BMI was registered in 28,93% (4,603 citizens).

The evaluation of waist revealed that 68% females had waist circumference above 80 centimeters and 54% males - above 94 centimeters, versus declared 32% females and 46% males with normal ranges. Abdominal adiposity as a predictor of CVD risk and the risk of developing type 2 diabetes was registered in 934 (20.29%) males and in 3,551 (32.66%) females.

Female

>80sm

68%



Male

>94sm

46%



32,6% abdominal adiposity 20,2%

Conclusions: The results of the Campaign testify to the high percent of overweight in Belarusian population. 26.17% of examined citizens were identified as obese and 44.09% of respondents were overweight. Abdominal adiposity was registered in 934 (20.29%) males and in 3,551 (32.66%) females.

