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Body mass index and chronic non-communicable diseases in primary health protection

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Background and Aim: Determine a relationship between BMI and an emergence of non-communicable diseases in patients in primary health protection.

Method: Using intersected studies, systematic method of sample (first choice and every 14th) a group of 100 medical records of patients registered in Family medicine team. Were analyzed demographic data, the value of anthropometric measurements, laboratory blood tests and blood pressure values in the 2013/14 year.

Testing group to the values of BMI - and divided into three groups:

1. Normal body weight (BMI < 25)
2. Overweight (BMI 25-30) and
3. Obesity (BMI > 30). Statistical analysis was performed in Excel and Arcus QuickStat program.

Results: 60% of respondents were female and 40% male. The average age was 55 years. Average values of Body Mass Index were 27. 32% respondents had normal body weight, 40% respondents had overweight and 28% obese. Number of female respondents in the subgroup of overweight was significantly higher (♀ 71%: 29% ♂). Subjects with overweight and obese suffer from hypertension (53%), hyperlipidemia (44%), diabetes (26%), mental disorders (12%) and malignant diseases (9%).

Conclusions: The most common chronic non-communicable diseases in obese patients are hypertension, hyperlipidemia and diabetes (statistically significant). Obese women have a higher prevalence of dyslipidemia and mental disorders compared to obese men. The middle values of triglycerides were significantly higher in respondents with overweight. Depression is more prevalent in patients with normal weight compared to those who are overweight but not in relation to the obese. Extending the diagnostic protocol management and treatment of patients who have a problem of excessive nutrition, constant battle and pointing to threats that obesity carries with it, it should be one of priorities of physicians in primary health protection.