

Obesity indices among Type 2 DM in Jordan

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Objective:

The increase in the prevalence of type 2 diabetes is closely linked to the increase in obesity. About 90% of type 2 diabetes is caused by excess weight. The objective of this study was to study the different obesity indices among type 2 DM patients in Jordan.

Methods: A random sample of 671 subjects aged 20 years and over (40% men and 60% women) was selected. Height, weight, waist circumference (WC) and hip circumference (HC) were measured. Body mass index (BMI), waist hip ratio (WHR) and waist height ratio (WHtR) were calculated. Mean and correlations between the obesity indices were determined using SPSS statistical software

Results: The mean obesity indices were: BMI - 29.3 kg/m², WC -101.5 cm, HC - 105.9 cm, WHR - 0.97, WHtR – 0.6 for men and BMI - 31.7 kg/m², WC -100.8cm, HC - 114.9cm, WHR - 0.88, WHtR – 0.63 for women. Ninety five percent of women and 78 % of men having a WC above the cut off values (80 cm for women and 94 cm for men). There was a significant correlation between WC and HC; BMI and WC ($p < 0.01$) in both males and females

Conclusions: The findings suggest that type 2 men and women had an increase in BMI, WC, and WHR compared to cut off values. Reduction of these indices should be an important goal of therapy.