

DOI: 10.5281/zenodo.3685658
UDC: 616-056.52(478)



Prevalence of overweight in adults in the Republic of Moldova

*Angela Tomacinschii, Oleg Lozan

School of Public Health Management, *Nicolae Testemitsanu* State University of Medicine and Pharmacy
Chişinău, the Republic of Moldova

Authors' ORCID iDs, academic degrees and contributions are available at the end of the article

Corresponding author: angelatomacinschii@gmail.com

Manuscript received January 20, 2020; revised manuscript February 27, 2020; published online March 10, 2020

Abstract

Background: Preventing and decreasing overweight becomes a priority for public health both, worldwide and the Republic of Moldova is not an exception. The phenomenon of overweight is not deeply studied in the country so far. The latest data available are reflected in the national research on the prevalence of risk factors for non-communicable diseases in the Republic of Moldova, where it is stated that about 50% of the adult persons (18 years and over) suffer from excess weight. In this context, it was proposed to determine the prevalence of excess weight among adults over 18 years in the Republic of Moldova and to estimate the risk of overweight depending on demographic factors.

Material and methods: Descriptive, transvers study (cross-sectional study) based on primary data collection was carried out. 1200 adults over 18 years participated at this study. Statistical analysis of the data involved: frequency analysis, group comparisons, estimation of risk associated with excess weight OR (odds ratio) according to the geographical area, residence area, age group and gender. Data interpretation was performed on the basis of statistical significance ($p < 0.05$) at the 95% confidence interval. According to the WHO, excess weight (overweight) is considered when BMI values are equal to or greater than 25.0 kg/m^2 .

Results: The results of the research reveal significant differences of excess weight depending on the age, sex and geographical areas. The highest prevalence of excess weight was observed among persons over 40 years (74.7%), women (57.9%), residents of the Center area (62.2%) and of the rural area 62.4%.

Conclusions: The prevalence of excess weight in the Republic of Moldova constitutes 57.6% among the adult population, with the predominance among persons over 40 years of age, women and inhabitants of the Center area and the rural area.

Key words: overweight, demographic factors, Moldova.

Cite this article

Tomacinschii A, Lozan O. Prevalence of overweight in adults in the Republic of Moldova. *Mold Med J.* 2020;63(1):26-28. doi: 10.5281/zenodo.3685658