|  |  |  |
| --- | --- | --- |
| Characteristics | Exposed | Nonexposed |
| Number of participants | 66 | 1972 |
| Mean age in years (SD) | 49.56(12.92) | 47.33(12.5) |
| Sex, N(%) Male(%) | 41(62.12) | 1247(63.24) |
| Female(%) | 25(37.88) | 725(36.76) |
| Low Back Pain, N(%) | 25(37.88) | 625(31.69) |
| Male | 13(52) | 378(60.48) |
| Female | 12(48) | 247(39.52) |

|  |  |  |  |
| --- | --- | --- | --- |
| Age groups | Number of participants | Number of cases LBP | Incidence proportion |
| 25-35 | 434 | 47 | 10.83 |
| 36-45 | 489 | 150 | 30.67 |
| 46-55 | 506 | 162 | 32.02 |
| 56-65 | 461 | 143 | 31.02 |
| 66-75 | 148 | 148 | 100 |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Low back pain | Without LBP | Total |
| Obesity | 25 | 37 | 62 |
| Without Obesity | 625 | 1161 | 1786 |

* A prospective cohort study was conducted among 2,973 participants, men and women, aged 25-75 years.
* A total of 935 people were excluded from the study due to the presence of back pain at baseline. Ultimately, 2,038 people were enrolled as participants in the study. The participants were divided into two groups: those with the exposure of interest (BMI >30 kg/m²) and those without (BMI <30 kg/m²). The participants' weight was measured barefoot using a body weight scale, and height was measured in meters. BMI was then calculated by dividing the participant's weight in kilograms by the square of their height in meters. A total of 66 people had a BMI greater than 30 kg/m², while 1,972 people had a BMI less than 30 kg/m². The participants were then followed up over a period of one year for the development of low back pain.