Prevalence and factors associated with overweight, obesity and central obesity among adults in Shenmu City

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1. Introduction of thesis

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This paper investigates the prevalence and factors contributing to **overweight, obesity, and central obesity** among adults in Shenmu City. By analyzing data from 4,565 residents, it found high prevalence rates, with **significant associations between these conditions and factors like age, gender, education level, and chronic diseases**, providing crucial insights for developing effective prevention strategies.

Overweight, obesity, and central obesity are characterized as chronic metabolic disorders stemming from excessive total fat accumulation and/or localized fat increase with abnormal distribution. These conditions are commonly influenced by a synergy of **genetic and environmental** factors (Wei et al., 2022, Panuganti et al., 2022).

provide brief background information

In recent years, the prevalence of these conditions has **escalated into a global public health concern** due to economic advancement and improved living standards

In 2016, it was reported that over 1.9 billion adults worldwide, aged 18 and older, were overweight, with more than 650 million classified as obese. The Report on Nutrition and Chronic Diseases in China (2020) indicates that **34.3%** of Chinese adults are **overweight**, and **16.4%** are **obese**, *highlighting the significant public health challenge these conditions pose both globally and within China.*

The grim situation in domestic -> The need of research

The impact of overweight, obesity, and central obesity extends beyond physical health, affecting mental well-being significantly. Research indicates a **higher propensity for mental health issues**, particularly anxiety and depression, among those affected by these conditions (Fulton et al., 2022). Moreover, overweight and obesity are not only chronic conditions in their own right but are also associated with **a myriad of other chronic diseases** including *diabetes, stroke, coronary artery disease, hypertension, respiratory diseases, obstructive sleep apnea, osteoarthritis, and gallstones* (Zhang et al., 2013, Powell-Wiley et al., 2021, Ibrahim and El-Sayed, 2021, Parra-Landazury et al., 2021).

Obesity can lead to a lot of diseases -> The important of research

Furthermore, there is a well-documented link between obesity and an **increased risk of various cancers**, such as breast, colorectal, liver, among others (Larsson and Burgess, 2021, Maguire et al., 2021, Lee et al., 2019, Ma et al., 2013, Parida et al., 2019). Notably, studies have also identified obesity as a **significant independent risk factor for adverse outcomes**, including mortality, in cases of novel coronavirus pneumonia, with the severity of outcomes correlating with the degree of obesity (Simonnet et al., 2020, Zhou et al., 2021).

Obesity can lead to a lot of diseases -> The important of research

While the prevalence of overweight, obesity, and central obesity is widespread and affects all populations, significant geographical disparities exist. **Despite numerous studies, there is a lack of large-scale data on the prevalence of these conditions in Shenmu City**, Shaanxi Province. Thus, our study aims to assess the relationship between various risk factors and the prevalence of overweight, obesity, and central obesity among 4,565 adult residents of Shenmu City. The findings are expected to guide the development of health living guidelines for the local population and provide theoretical support for crafting relevant public health prevention policies.

point out the gap and the outlook of this research

- introduce the topic include **relevant background information** and explain **key concepts**.

- provide **key information** that is relevant to the specific topic to explain the **importance of the topic**.

- provide the **propose** and the **gap**.

Moreover, overweight and obesity are not only chronic conditions in their own right but are also associated with a myriad of other chronic diseases including *diabetes, stroke, coronary artery disease, hypertension*, **respiratory diseases, obstructive sleep apnea**, *osteoarthritis, and gallstones* (Zhang et al., 2013, Powell-Wiley et al., 2021, Ibrahim and El-Sayed, 2021, Parra-Landazury et al., 2021).

Gap: Despite numerous studies, there is a lack of large-scale data on the prevalence of these conditions in Shenmu City, Shaanxi Province.

Kong D X, Su X, Zhao J, et al. Chinese men living in urban areas of **Shijiazhuang**, Hebei at higher risk of overweight or obesity[J]. Journal of International Medical Research, 2020, 48(8): 0300060520945885.

Wang, Rui, et al. "Prevalence of overweight and obesity and some associated factors among adult residents of **northeast China**: a cross-sectional study." BMJ open 6.7 (2016): e010828.

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Thanks