

Evaluation of obesity in healthcare workers

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KEY WORDS

Overweight; obesity; cardiovascular risks; educational level

SUMMARY

Background: *Obesity is an international social problem. Objectives:* This study was aimed at evaluating the relationship of overweight and obesity with social dynamics and correlated biological indicators. **Subjects and Methods:** *The study was carried out on a group of healthcare workers employed in a large hospital in the province of Messina (Sicily, Italy). A total of 1010 subjects (377 men and 633 women) aged between 16 and 64 years, living in the province of Messina since birth. The educational level, BMI (Body mass index), arterial blood pressure and ECG of each subject was examined. Results:* The results showed that 52% of the men and 66.5% of the women were of normal weight, while the men showed greater susceptibility to overweight (M 33.2% > F 16%). Obesity was found in both sexes (M 13.3%, F 13.6%). Moreover, it was observed that arterial blood pressure tends to increase with age and body weight, and that the incidence of overweight falls as educational level rises. **Conclusions:** *The study supports the hypothesis that there is a growing incidence of overweight and obesity in subjects of working age employed in the healthcare sector.*