OVERWEIGHT AND GASTROINTESTINAL SYMPTOMS AMONG ADULTS OF WORKING AGE IN IASI CITY, ROMANIA

I. Chirila¹,², V. L. Drug³, F. D. Petrariu⁴, Viorica Gavat⁴
1. Ph.D. Student at University of Medicine and Pharmacy ”Grigore T. Popa”- Iasi
2. National Institute of Public Health - RCoPH Iasi, Romania
University of Medicine and Pharmacy”Grigore T. Popa” - Iasi
School of Medicine
3. Discipline of Semiology
4. Discipline of Hygiene - Environmental Health

OVERWEIGHT AND GASTROINTESTINAL SYMPTOMS AMONG ADULTS OF WORKING AGE IN IASI, ROMANIA (Abstract): The objectives were to determine the presence of gastrointestinal symptoms and overweight in a sample of working age adults, from Iasi city (North-East Romania) and relationship with eating habits. Material and methods: For this survey a sample was randomly chosen from family doctors records and 158 adults participated (65 males and 93 females, aged 19-64 years). Eating habits and food-frequency questionnaires were conducted, and Body Mass Index (BMI), waist and Body Fat Percent (FAT) were measured. For recent symptoms we used Gastrointestinal Symptom Rating Scale (GSRS). Results: 43.1% of male and 47.3% of female were overweight and 21.5% of male and 21.6% of female were obese. The total body fat exceeded its normal limits in 70.8% of men and in 32.3% of women. Waist was high (abdominal obesity) in 49.5% of women and in 26.2% of men. Present gastrointestinal symptoms were: reflux (23.4%), abdominal pain (8.9%), indigestion (32.9%), diarrhea (6.3%) and constipation (8.9%). Overweight or obese subjects accused reflux, indigestion (p<0.01) and constipation (p<0.05) more frequently than those with normal weight. Odd ratio value and 95% confidence interval for obese versus normal weighted subjects was 8.23 (2.15-37.58) for reflux and 11.65 (3.34-45.5) for indigestion. Conclusions: Our findings up-date epidemiological data and suggest the need to promote healthy eating habits in order to reduce the tendency of obesity and to improve digestive function in population. Key words: OVERWEIGHT, GASTROINTESTINAL SYMPTOMS, ADULT AGE.

Many studies in the literature refers to the association between obesity and liver disease, but less has been studied the relationship between nutrition, obesity and gastrointestinal disorders. The objectives of the current work were to determine the presence of gastrointestinal symptoms in a sample of overweight adults of working age, from Iasi City (North-East Region of Romania) and the relationship with eating and life habits.

MATERIAL AND METHODS
For this survey a sample was randomly chosen from family doctors records. The sample size was calculated using population survey or descriptive study random sampling formulas in EpiInfo 3.5.1. Final-