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High Prevalence of Obesity Among the Poor in Mexico

To the Editor:

There is a high prevalence of overweight and obesity in the poorest segment of the Mexican population, and the causes of obesity in this population, we note that the prevalence of obesity we found is equal to or higher than the prevalence found in the nationally representative sample from 2000 (67% in women and 61% in men). However, in the 2003 sample from low-income, rural regions of Mexico, the combined prevalence of overweight and obesity was 82.5% in women and 79.2% in men. This high prevalence of obesity contrasts with the trend of decreasing obesity prevalence found in the developed world, with increasing prevalence of overweight and obesity.

Comment

One of the most important consequences of obesity is the high prevalence of obesity among the poor in Mexico, which is a leading cause of death in this country. In 2000, the prevalence of obesity among the poor in Mexico was 67% in women and 61% in men. However, in the 2003 sample from low-income, rural regions of Mexico, the combined prevalence of overweight and obesity was 82.5% in women and 79.2% in men. This high prevalence of obesity contrasts with the trend of decreasing obesity prevalence found in the developed world, with increasing prevalence of overweight and obesity.

Acknowldegment:

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References


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Prevalence and Causes of Unilateral Vision Impairment in Mexico: A Secondary Analysis of Data From the National Health Survey, 2000

To the Editor:

There is a high prevalence of overweight and obesity among the poor in Mexico, which is a leading cause of death in this country. In 2000, the prevalence of obesity among the poor in Mexico was 67% in women and 61% in men. However, in the 2003 sample from low-income, rural regions of Mexico, the combined prevalence of overweight and obesity was 82.5% in women and 79.2% in men. This high prevalence of obesity contrasts with the trend of decreasing obesity prevalence found in the developed world, with increasing prevalence of overweight and obesity.

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