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High Prevalence of Obesity Among the Poor in Mexico

There is a urgent prevention of obesity and diabetes. The Mexican government and other stakeholders are implementing policies and programs to address obesity and diabetes. This study aimed to determine the prevalence of obesity in a large sample of the Mexican population.

Methods
We conducted a cross-sectional study using data from the National Health and Nutrition Survey (ENANH) conducted in Mexico in 2000. The sample included 29,538 individuals aged 2 years and older. The survey was a nationally representative sample of the Mexican population. The prevalence of obesity was determined using body mass index (BMI) calculated as weight in kilograms divided by the square of height in meters. Overweight was defined as a BMI of 25.0 to 29.9 and obesity as a BMI of 30.0 or higher, in accordance with World Health Organization criteria.

Results
The prevalence of obesity was nearly 60% in women and more than 50% in men. The prevalence of obesity was higher among women than men and lower among older adults. The prevalence of obesity was higher in urban areas than in rural areas and in wealthier areas than in poorer areas. The prevalence of obesity was higher among the elderly than among the young. The prevalence of obesity was higher among the less educated than among the more educated.

Discussion
The findings of this study are consistent with previous research showing that obesity is a major public health problem in Mexico and that interventions are needed to prevent and treat obesity.

Acknowledgments
We thank Aurora Franco, Andrey Ryo Shiba, and Francisco Papaqui at the Instituto Nacional de Salud Publica de Mexico for their assistance in data collection.

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