

13<sup>th</sup> European

# Diabetes and Endocrinology Congress

November 26-27, 2018 | Dublin, Ireland



## J Shen

*Immunological Genetics and HLA Typing, China*

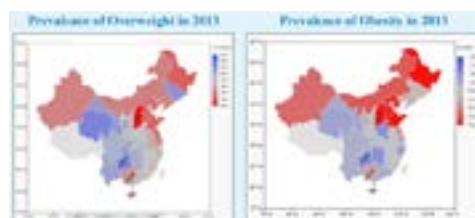
### PREVALENCE AND TRENDS OF OBESITY AND OVERWEIGHT IN CHINESE ADULTS, 2004-2013

**Background and Aims:** Large-scale epidemiologic studies to assess the increased prevalence of obesity in China, and relate this increase to economic development, are lacking. In 2001, the China Marrow Donor Program (CMDP) began collecting anthropometric data on volunteers and information on >1.8 million individuals from 31 branch registries are currently available. **Materials and methods:** CMDP data from 1,163,094 healthy adults examined in years 2004-2013 were included in a cross-sectional analysis to estimate the yearly prevalence of obesity and overweight. The annual per capita Gross Domestic Product (GDP) was used to evaluate the relationship between economic growth and obesity. All statistical analyses were conducted with the use of SAS for windows version 9.2 software (Research Triangle Institute). Approximate power calculations were performed using StatCalc (Sample Size and Power for Population Survey) in Epi Info version 7 (National Cancer Institute, USA), assuming a survey design effect of 1.5. The sample sizes for the groups with the smallest sample size were sufficient to estimate the prevalence with confidence limit of 0.05 with more than 80% power; most of the estimates can achieve more than 90% power.

**Results:** In 2013, the age and sex-standardized prevalence of obesity and overweight among Chinese adults was 10.16% and 32.40%, affecting 86.10 and 257.38 million individuals, respectively.

The prevalence of obesity and overweight increased with increasing age, and were higher in males (13.08% and 38.66%) as compared to females (7.48% and 22.81%). From 2004 until 2013, the prevalence of obesity increased from 6.38% to 10.16% where the increase was greater from 2011-2014 as compared to 2004-2010. Females had a greater increase in recent years as compared to males, suggesting that differences by gender are becoming smaller.

Among poorer provinces, the prevalence of obesity rose sharply with increasing GDP, whereas among developed regions, there was a nominal increase in obesity with increasing GDP. **Conclusion:** The prevalence of obesity and overweight are dramatically increasing in recent years in China, especially among women and in regions with previously low GDP. Strategies aimed at preventing and treating obesity are needed.



### Biography

Jie Shen, is the Chief Physician for The center of immunological genetics and HLA typing (CDMP data bank lab for Jiangsu Province). He is the Chief Physician for the Department of Endocrinology and Metabolism, Jiangsu Province Hospital (First Affiliated Hospital of Nanjing Medical University). He did postdoctoral fellowship at the Phoenix Epidemiology and Clinical Research Branch, NIDDK, NIH, in Phoenix, Arizona. Currently he is doing research for Epigenetic Regulation on Obesity and Type 2 Diabetes, Epidemiology Study on Chinese Population, HLA Typing and HLA Related Diseases Research and Clinical Practice on Endocrine and Metabolic Diseases.

[shenjie@njmu.edu.cn](mailto:shenjie@njmu.edu.cn)