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(–) – : .

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(- : - : :)

. ( )

{=< } { - / } { - / }(BMI) /

(% /) { <BMI} . %./ % / % /

. (p<0.02) (% /) (% /)

. / % / (WHR)

% / % / % / { <BMI}

. .

. (P<0.04)

. .

WHR BMI :

_____

( ) *

. .

:

% /

II

(   )   .

% /   % /   % /

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(   ) .

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Leptos

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(   )

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.   (

.   .

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(BMI =Body Mass Index)

WHR= Waist to Hip)

( )   (Ratio

WHR   .

(   )   /

.(-)

.

p = 0.01 , r)   (= 0 .113   .

P = 0.01,r) WHR   (= 0.183   –   )

.   (= 0.209   –   –   –

BMI= 25 –]   –   –   –   -   –

  [BMI= 30 –39.9]   %   /   [29.9   (

     % /   [BMI>40]   %   /   .

          % /   .

                                                        .

                              (   )   .

(P=0.02)   :(   )   .

                    .( )

                                                  .

          [BMI>30]   :   .

  .( )   (P=0.04)

                                                  .

                                                  :   .

                    [BMI>30]

%   /   %   /   %   /

                    .   .

          .( )   (p=0.0001)

(WHR)   :

                    /   %./

)   /   ±   /

                    .(.

                              (   )% /   (   )

                    :   ( )% /   ( )% /

                              % /   (   )% / (   )

          .   .   ( )% /   ( )

                              P = 0.01, r) BMI   (p=0.01,r=0.105)

(WHR)

WHR / ( ) Dobbelsteyn . ( )

( ) Ito

.

WHR / ( )

( ) .

% /

.

( ) Bouchard .

_

. .

.(-)

( )

.

( ) Guillaume

.

( )

( ) .

% / % /

.

BMI

.

(BMI) -

	/ -	/ -	/ - /	/		
(,)	(,)	(,)	(,)	(,)		( )
(,)	(,)	(,)	(,)	(,)		
(,)	(,)	( )	( )	( )		
( )	(,)	(,)	(,)	( )		
(,)	( )	(,)	(,)	(,)		
P=0.02			NS			

= ( )

(BMI) -

*	* / -	/ -	/ - /	/		
(,)	(,)	(,)	(,)	(,)		
(,)	(,)	( )	(,)	(,)		
(,)	(,)	(,)	(,)	(,)		
(,)	(,)	(,)	( )	(,)		
	( )	(,)	(,)			
(,)	(,)	(,)	(,)	(,)		

* = ( )

P=0.04))

(BMI)   -

	- /	/ -	/ - /	/		
	(,)	(,)	(,)	(,)		
(,)	(,)	(,)	(,)	(,)		
(,)	(,)	(,)	(,)	(,)		
(,)	(,)	(,)	( )	(,)		
P=0.0001	NS					

= ( )

(WHR)   -

>= ,	, >		
(,)	(,)		( )
(,)	(,)		
(,)	(,)		
(,)	(,)		
(,)	(,)		

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The study of obesity among rural mothers in Gorgan districts in 2004

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Obesity is a health and nutritional problem in the world, so it must be attended. This study is cross sectional- descriptive and sampling is component (cluster and simple sampling). 2854 mothers of the children under 5 years were chosen. After necessary education, 20 persons recorded the data by using a questionnaire. They measured the weight and height by scale and waist and hip by meter. Pregnant women were deleted in this study. Economical status were categorized based on 10 instruments that are necessary for living (Low $\geq$=3, Moderate = 4-6 and Good = 7-10). Three groups were compared in this study: Fars (native), Turkman and Sistani.

The mean of the age is 28.2 year. Body Mass Index (BMI) in ranges of (25-29.9), (30-39.9) and ($\geq$=40) is 28.3%, 15.9% and 0.5% respectively. This index BMI>25 among Fars, Turkman and Sistani women is 64.3%, 43.4% and 32.9% respectively. In three groups statistical different is significant ($P<0.02$).Waist to Hip ratio (WHR) criteria in 39.1% women were higher than 0.8 and this index in Turkman women is more than the other groups women. In women with low, moderate and good economical status is 34.7% , 50.8% and 55.9% respectively. This different isn't significant. The rate of prevalence of obesity in literate women is more than illiterate women. This statistical different is significant ($p<0.o4$).

On the whole, this study indicates obesity is a healthy problem in rural women of Gorgan districts. There is a relation between prevalence of obesity and improvement of economical status. Therefor education of optimal nutrition and changing women's food habit is very important.

Key word: *Obesity, Women, BMI, WHR ,Village, Gorgan*

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