

SMOKING - ONE OF THE DETERMINING FACTORS IN THE OBESITY DEVELOPMENT

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Introduction

The literature review delimits the determinants that are considered to influence body weight gain in several categories, such as: developmental determinants, genetics, age, ethnicity, lifestyle (physical activity, diet, unhealthy habits), environmental and social.

Keywords

Obesity, Smoking, BMI (Body Mass Index).

Purpose

To study the relationship between respondents' smoking behavior and the body mass index (BMI) values.



Material and methods

Research methods used in epidemiology and biostatistics was applied for the study. The sample of the study included 1200 adults over the age of 18 from urban and rural areas in the Republic of Moldova.

Results

The results of the research reveal significant differences in excess body weight among smokers according to age, sex and residence environment. BMI index within obese range was estimated among smokers living in rural area in 39.3%, being male – in 36.6% and over 41 years in 44.4%. The correlation between smoking behavior and BMI values was considered acceptable ($r^2 = 0.155$; $p < 0.01$).

Conclusions

The research reported in 15.5% of cases the association between smoking behavior and BMI.