



CLINICAL PROFILE OF OBESITY IN ELDERLY IN RURAL POPULATION

General Medicine

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ABSTRACT

Introduction: The prevalence of obesity is increasing in the developed as well as developing countries. Central obesity in the elderly population is associated with significant increase in morbidity and mortality.

Aim: To know the obesity pattern and the co-morbid conditions in the elderly obese.

Methods: This is a prospective randomized observational study done in a rural tertiary care center. Patients of both sex who were ≥60 years of age with a BMI of ≥23kg/m² were enrolled into the study and their clinical profile was assessed.

Results: Out of the 100 patients studied males were 60 & females were 40. 78 were overweight, 18 were obese & 4 were morbidly obese. 42% had diabetes, 40% had hypertension & Copd, 66% had osteoarthritis, 46% had IHD, 35% had cognitive impairment, 23% had BPH, 20% had CKD, 12% had stroke, 11% had urinary incontinence & 6% had sexual dysfunction.

Conclusion: Obesity is a growing health concern in our country and its prevalence in the elderly is also rising. Though hypertension, diabetes, IHD, COPD & BPH was seen most commonly in the males, Osteoarthritis & urinary incontinence was most commonly seen in females.

KEYWORDS

Body Mass Index (BMI), Prevalence, Central Obesity, Rural, Elderly

Introduction : Obesity is an increasingly important health problem worldwide including the developing countries. Central obesity in the elderly population of India is a major public health problem.[1][2].

The rising prevalence of overweight and obesity in India has a direct correlation with the increasing prevalence of obesity-related comorbidities; hypertension, the metabolic syndrome, dyslipidemia, type 2 diabetes mellitus (T2DM), and cardiovascular disease (CVD).

Aim : To know the obesity pattern and the comorbid conditions in the elderly obese.

Methods : This is a prospective randomized observational study done in a rural tertiary care center. Patients of both sex who were ≥ 60 years of age with a BMI of ≥25kg/m² were enrolled into the study and their clinical profile was assessed.

Table No 1 : Sex Distribution of Study Population

	Males(60)	Females(40)	Total(100)
Overweight	48	30	78
Obese	12	6	18
Morbidly Obese	0	4	4

Table No 2 : Age distribution of Study Population

Age in years	Overweight(78)	Obese (18)	Morbidly Obese(4)
60 - 70	39	8	4
70 - 80	32	8	-
> 80	7	2	-

Table No 3: Comparison of Clinical Parameters

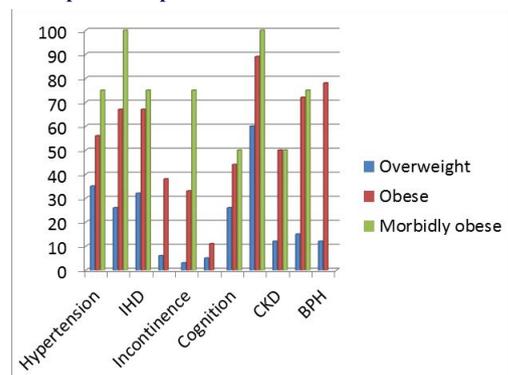
	Males(60)	Females(40)	Total(100)
Hypertension	25(41.6%)	15(37.5%)	40
Diabetes mellitus	28(46.6%)	14(35%)	42
IHD	30(50%)	16(40%)	46
Stroke	9(15%)	3(7.5%)	12
Incontinence	3(5%)	8(20%)	11
Sexual dysfunction	6(10%)	-	6
Cognition	21(35%)	9(22.5%)	30

Osteoarthritis	36(60%)	30(75%)	66
CKD	13(21.6%)	7(17.5%)	20
COPD	30(50%)	10(25%)	40
BPH	23(38.3%)	-	23

Table No 4: Comparison of parameters based on BMI

	Overweight(78)	Obese(18)	Morbidly Obese(4)
Hypertension	27(35%)	10(56%)	3(75%)
Diabetes mellitus	26(33%)	12(67%)	4(100%)
IHD	25(32%)	12(67%)	3(75%)
Stroke	5(6%)	7(38%)	-
Incontinence	2(3%)	6(33%)	3(75%)
Sexual dysfunction	4(5%)	2(11%)	-
Cognition	20(26%)	8(44%)	2(50%)
Osteoarthritis	47(60%)	16(89%)	4(100%)
CKD	9(12%)	9(50%)	2(50%)
COPD	25(15%)	13(72%)	3(75%)
BPH	9(12%)	14(78%)	-

Fig 1 : Comparison of parameters based on BMI



Discussion :

In our study, obesity was seen more in the males compared to females, with most of the patients being in the age group of 60-70 years. Though the number of patients with overweight were more, the percentage of co-morbidities increased as the grade of obesity increased.^[3]

Osteoarthritis was the most common co-morbidity seen followed by IHD, type 2 DM, HTN & others. While males had BPH, urinary incontinence was mostly seen in the females.

As the elderly population is expanding and set to increase furthermore, it is important we start doing a comprehensive workup in the obese geriatrics including the rural population. The approach to such patients would be a multidisciplinary not only to delay mortality but also to focus on functional impairment, disabilities, activities of daily living and quality of life.^{[4][5]}

Conclusion: Obesity is a growing health concern in our country and its prevalence in the elderly is also rising. Though hypertension, diabetes, IHD, COPD & BPH was seen most commonly in the males, Osteoarthritis & urinary incontinence was most commonly seen in females.

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