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Results of the Epidemiological Study

Results of the “Epidemiological Study of the Proportion of Obesity and Overweight in Cyprus, and Determination of the Eating Habits of the Cypriot Citizen” by the Cyprus Dietetic Association

According to the epidemiological study of the Cyprus Dietetic Association for obesity, the issue has now assumed epidemic proportions, making obesity one of the main risk factors for chronic and metabolic diseases. Cyprus is also concerned by this issue, as according to recent estimates, 29.6% of Cypriots aged 20 - 80 years are of normal weight, 36.1% are overweight and 27.8% are obese.

For the purpose of investigating the percentage of obesity and overweight in Cyprus and assessing the dietary habits of the Cypriot citizen, the Cyprus Dietetic Association, conducted an epidemiological study through a random sample of approximately 1000 adults (ages 18 - 80 years), on a national scale. The study, which lasted three years (completed in 2009), emphasizes on the dietary habits and physical activity of Cypriots. The study included body measuring, biochemical testing and interviews in order to assess the dietary habits and physical activity of Cypriots.

The purpose of this study was to draw conclusions regarding the scale of the issue of obesity and overweight relating the Cyprus adult population, the correlation of results with biochemical and immunological blood indices and the assessment of dietary habits in order to examine the relationship and degree of correlation between the percentage of overweight and obese Cypriots with the eating habits and physical activity of the sample. As a result of the research, suggestions and nutritional guidelines to address potential problems were written, while according to the data collected, dietary guidelines were formed that are tailored to the model of the Mediterranean Pyramid and are addressed to the Cypriot population (National Diet and Exercise Guidelines -2007 and National Nutrition and Exercise Guidelines for children aged 6-12 years old-2008).

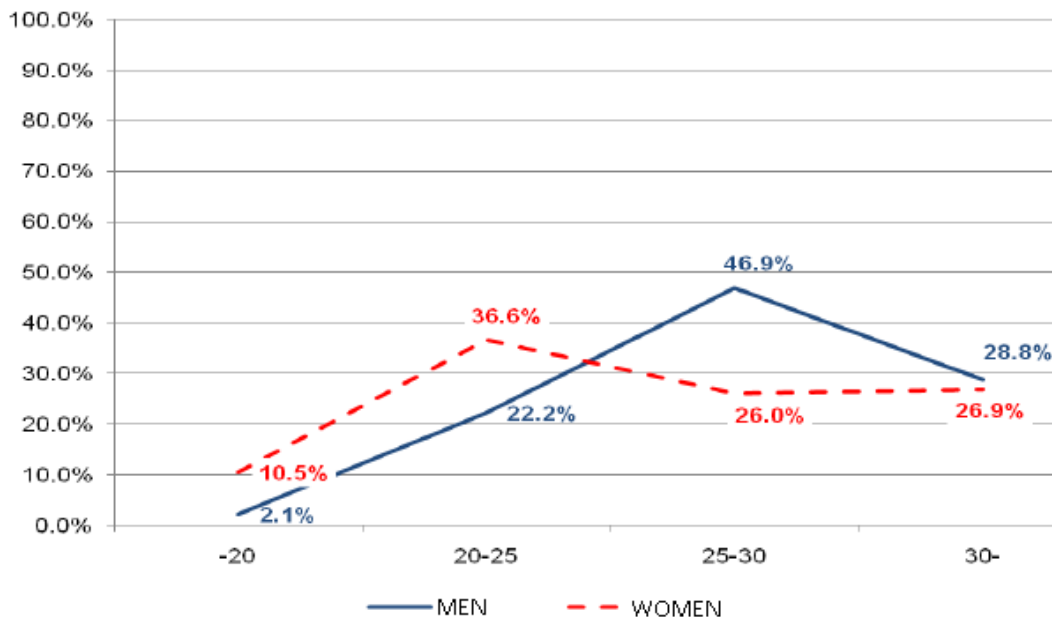
The survey was conducted by the Cyprus Dietetic Association in cooperation with the University of Nicosia and the contribution of the University of Crete and the Harokopeio University of Athens. It was sponsored by the Cyprus Research Promotion Foundation. A random sample of 1000 people was examined and from the processed data the following conclusions were drawn: 2.1% of men are underweight, 22.2% of men have normal weight, 10.5% of women are underweight, 36.6% of women have normal weight, 46.9% of men are overweight, 26% of women are overweight, 28.8 % of men are obese, 26.9% of women are obese, 40% their diet is influenced by dietary restrictions imposed by religion, ideology or other medical causes, including surgical and non-surgical procedures for loss or weight control. The 35.9% was diagnosed with specific diseases or health conditions that affect their diet, such as cardiovascular diseases, hyperlipidemia, hypertension, diabetes etc. Also, a percentage of 29.8% of respondents said that they smoke. Regarding the dietary habits 24.2% has breakfast, 11.1% has brunch (between breakfast and lunch), 61% has both, 3.7% has neither, 76.8% has a fixed time schedule for breakfast, 76.9% has fixed time schedule for lunch, 60.8% has fixed time schedule or supper, 74.1% prepares their meal at home daily, 17.8% eats out 2-3 times a week. When asked how often they don't eat at home (restaurant, take-away, fast food) 1,9%

responded never, 16.6% a few times a year, 25.3% 2-3 times a month 28.7% once a week, 22.9% 2 to 3 times per week, 4.6% daily. The majority choices olive oil for cooking, at a percentage of 62.3% and as well as for salads or legumes with a percentage of 98.3%. A percentage of 50,5% prefers low fat milk, 7.1% doesn't drink milk, 2.2% doesn't drink water, 35.2% drinks one to four cups of water a day, 57.2% are satisfied with the salt already in their meal while 33.9% adds more salt. When asked if they changed their diet or other habits for health reasons, 49.4% answered that they eat less fat, 28.2% that they changed the type of fat they eat, 46.5% eats more vegetables, 42,5% eats less sugar and 24.4% responded that they exercise more. A percentage of 85.7% responded positively to the question whether they have consumed alcohol in the last 12 months. A ½ day is the average spent by participants according to the survey at the "last seven days" for intense physical activity. For the majority, their work is not tiring, 31.6% find their work a bit tiring, 7.7% moderately tiring, and only 6.6% answered tiring to a high degree. It is important, that 36.5% was consulted by a doctor and a dietitian to increase their physical activity.

BMI (Body Mass Index) / Gender

BMI	Men (%)	Women (%)	Average (%)
- 20 (Underweight)	2.1	10.5	6.4
20-25 (Normal)	22.2	36.6	29.6
25-30 (Overweight)	46.9	26.0	36.1
30 – (Obese)	28.8	26.9	27.8
N	485	516	1001
Lowest value	19.10	13.40	13.40
Highest value	44.70	50.20	50.20
Average	28.14	26.67	27.38
Typical Decline	4.36	6.09	5.37

BMI PER GENDER



Question: You have breakfast and / or brunch?

ANSWERS	%
Only breakfast	24.2
Only brunch	11.1
Both	61.0
Neither	3.7

Question: How often you do not eat at the home (eg restaurant, take-away, fast food);

ANSWERS	%
Never	1.9
A few times a year	16.6
2-3 times a month	25.3
Once a week	28.7
2-3 times a week	22.9
Daily	4.6

Question: A. In the last 7 days, how many days, did you spent for vigorous physical activity?

Question: B. Over the past 7 days how many days, have you spent on moderate physical activity?

Question: C. In the last 7 days how many days, did you walk for at least 20 minutes each time?

Question: D. On a typical day how much time do you spend sitting?

QUESTION	N	LOWEST	HIGHEST	AVERAGE	?? (T.A.)
A	986	0.0	7.0	0.5	1.4
B	968	0.0	20.0	1.0	2.0
C	974	0.0	7.0	1.4	2.2
D	982	0.0	24.0	7.4	4.4

Question: Have you changed your diet or other habits for health reasons?

ANSWERS	YES (%)
Eat less fat	49.4
Change the type of fat	28.2
Eat more vegetables	46.5
Eat less sugar	42.5
Eat less carbohydrates	29.5
Eat less salt	28.4
On a diet for weight loss	25.7
Drink less alcohol	19.1
Exercise more	24.4
Other reasons	5.7