Abstract

Objective. To estimate the prevalence of overweight, obesity and central adiposity in Mexico, and to explore trends compared to the previous Mexican National Health Survey (ENSA 2000) and to Mexican-Americans. Material and Methods. The Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006) was used to describe overweight, obesity and central adiposity. Trends over time were assessed using the ENSA 2000 and by comparing the ENSANUT 2006 results to those of Mexican-Americans using the United States National Health and Nutrition Examination Survey (NHANES) 1999-2000 and 2005-2006. Results. A total of 33023 adults ≥ 20 years old were included; 39.7% were found to be overweight and 29.9% were found to be obese; 75.9% of all adults had abdominal obesity. In Mexico between 2000 and 2006, the combined prevalence of overweight and obesity in adults increased approximately 12%. Mexican-Americans showed a higher prevalence of morbid obesity compared to native Mexicans. Conclusions. Mexico has experienced a rapid increase in the number of adults who have experienced excess weight gain between the years 2000 and 2006.

Keywords

Obesity, body weight, health survey, cross-sectional studies, Mexico.