Abstract

Objective. To determine the association between physical activity and overweight/obesity in Mexican adults. Material and Methods. Cross-sectional design. Adults 20 to 69 years of age were included in the Mexican National Health and Nutrition Survey 2006 (ENSANUT 2006). The dependent variable was overweight/obesity and the independent variable was recalled physical activity. Analysis was by logistic regression, adjusting for sex, age, residence area, region, socioeconomic status, indigenous ethnicity, smoking, schooling, work activity, alcohol consumption and sitting time. Results. Data from 15 901 adults were analyzed. The prevalence of overweight/obesity had an inverse association with physical activity among men but not among women. Conclusions. The practice of physical activity was negatively associated with the prevalence of overweight/obesity only in adult men. These results underscore the importance of promoting physical activity to prevent and control overweight/obesity.

Keywords

Overweight, obesity, physical activity, adult, Mexico.