



Zdravotně
sociální fakulta
Faculty of Health
and Social Studies

Jihočeská univerzita
v Českých Budějovicích
University of South Bohemia
in České Budějovice

The objective indicators and subjective perceptions of obesity and overweight among the Roma minority in the region of South Bohemia

František Dolák, Valérie Tóthová, Věra Adámková,
Věra Olišarová, Lenka Šedová



Objective: to find out the prevalence of obesity and overweight among the Roma population

- to describe selected external and internal determinants associated with overweight and obesity

External: eating habits - frequency analysis and recording of 24-hour dining; physical activity; psychosocial factors; health care; body-image

Internal: genetic predisposition

Measuring and determining basic anthropometric and biochemical parameters (height, body weight, waist, hips, BMI, total fat, skinfold, blood glucose and total cholesterol) related to overweight and obesity

Practical goal: to create a health-education program for the Roma minority and to develop a strategy of preventive action



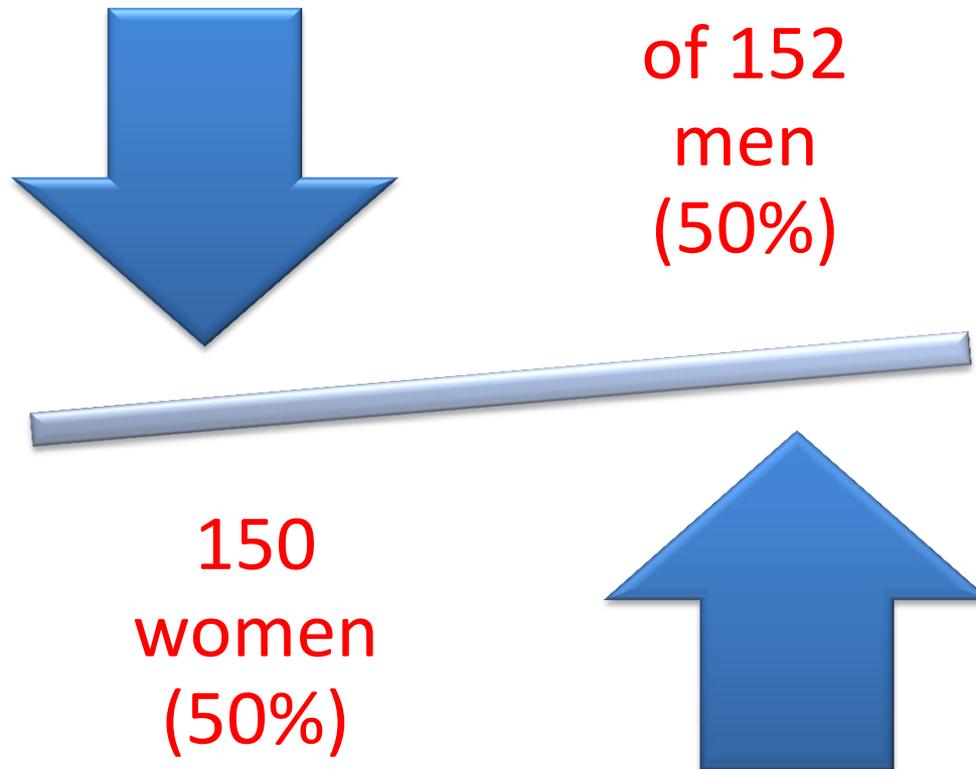
Semi-structured interview (face-to-face) 30-45 minutes

- Attitude of the Roma and the majority population towards the prevention of obesity and overweight
- Evaluation of eating behavior by using frequency analysis - consumption of selected components
- Diet analysis - a method of remembering 24-hour diet - programme NutriDan
- Anthropometric examination (height, body weight, waist circumference, hips, BMI, total fat, skinfold, blood glucose and total cholesterol) related to overweight and obesity



The research sample

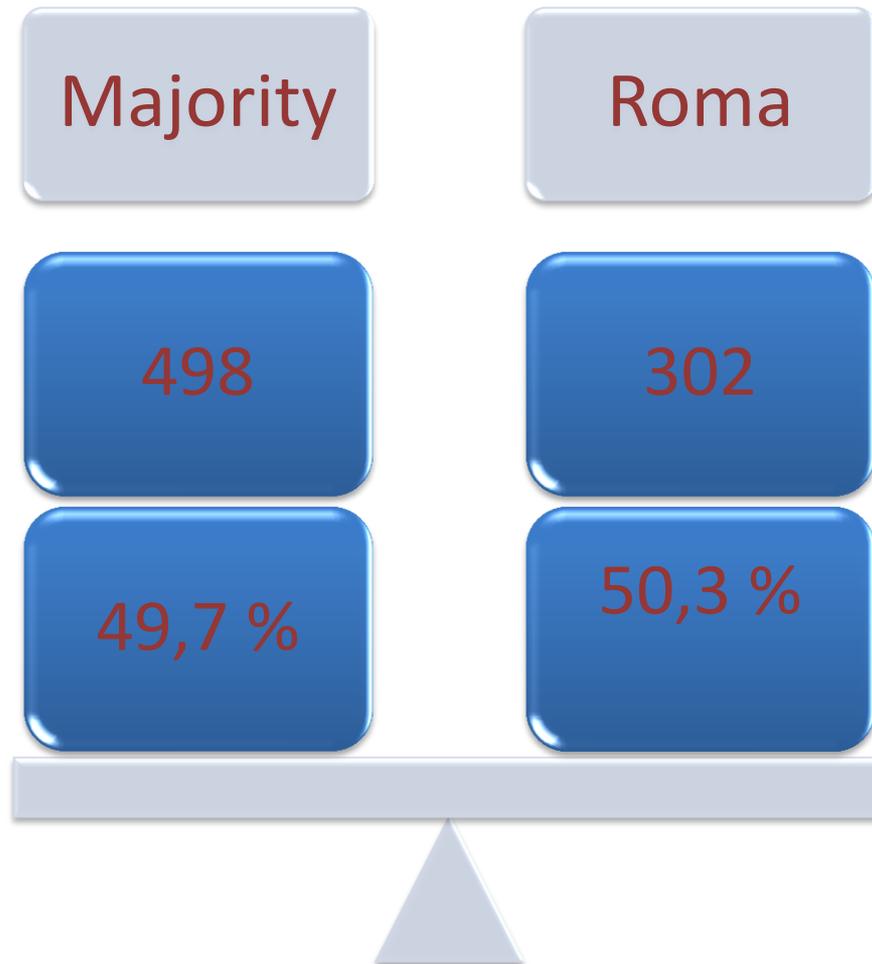
- 302 Romas respondents took part in the study



The data were processed in the SASD



The research sample

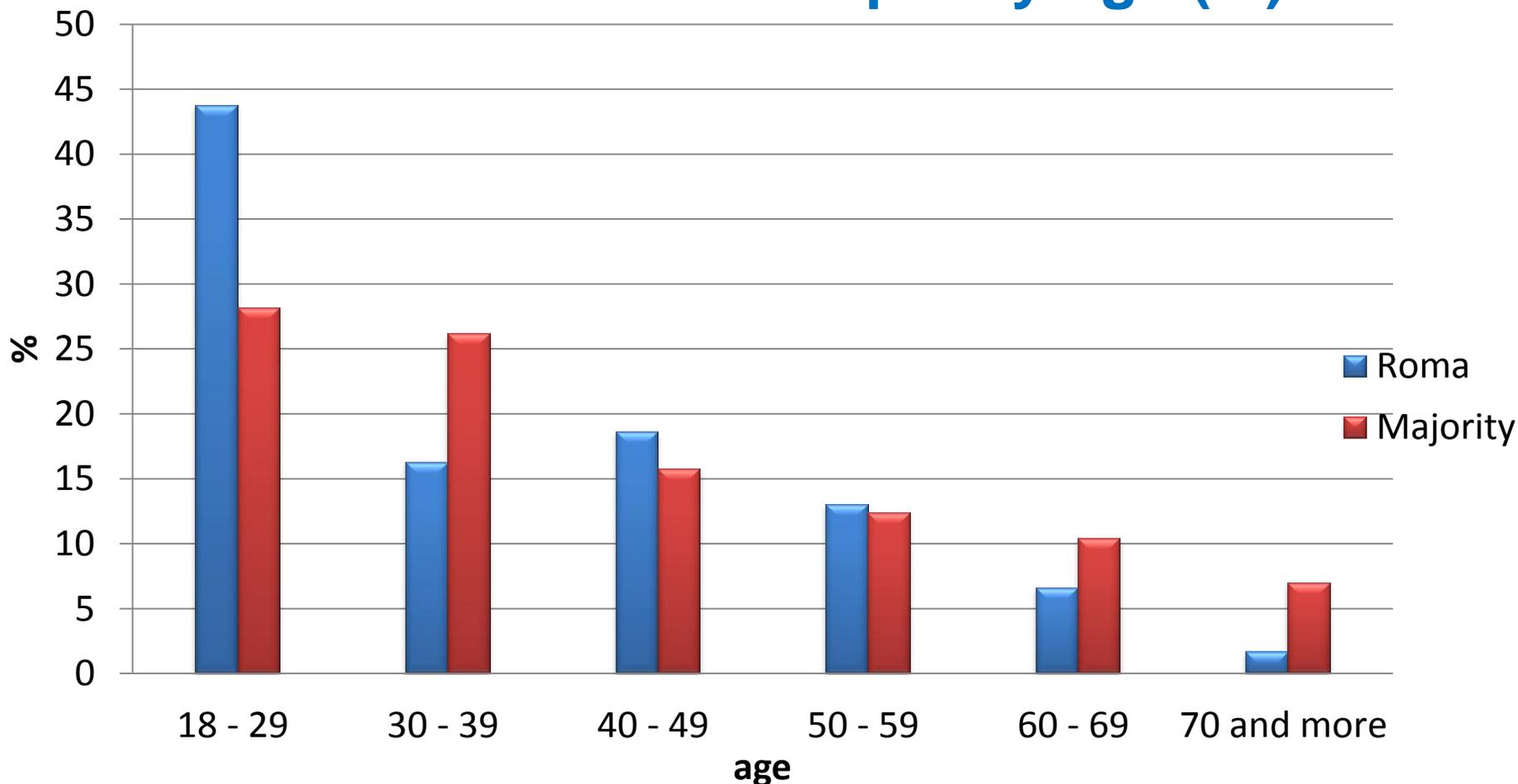


Obesity and overweight among the Roma
minority in the South Region



The results

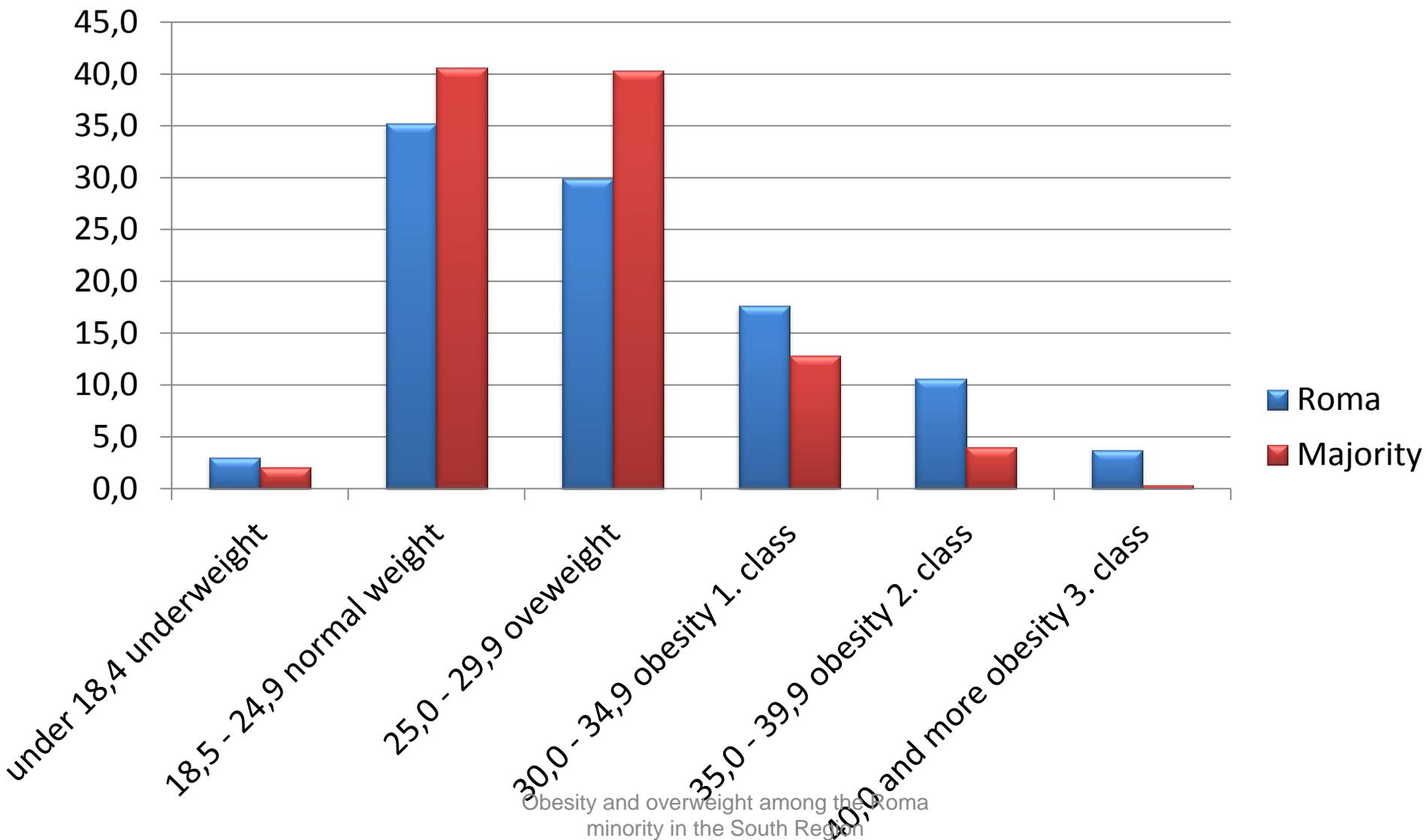
The structure of the sample by age (%)





The results

BMI (Body Mass Index)





WAIST CIRCUMFERENCE

Roma

Women - 63.3% had waist circumference greater than 89 cm

Men - 48.1% had waist circumference greater than 95 cm

The control group

Women - 41.1% had waist circumference greater than 89 cm

Men - 38.5% had waist circumference greater than 89 cm

TOTAL FAT

Roma

Women - 66% had total fat level greater than 35%

Men - 49.4% had total fat level greater than 25%

The control group

Women - 45.3% had total fat level greater than 35%

Men - 66.1% had total fat level greater than 25%



INDEX WAIST CIRCUMFERENCE / HEIGHT - $\geq 0,6$ for
45.6% of Roma and 21.5% of the control group

BLOOD PRESSURE VALUES - more frequent detection
of high blood pressure and hypertension in the Roma
population

TOTAL CHOLESTEROL AND BLOOD SUGAR - often
higher for the Roma



The results

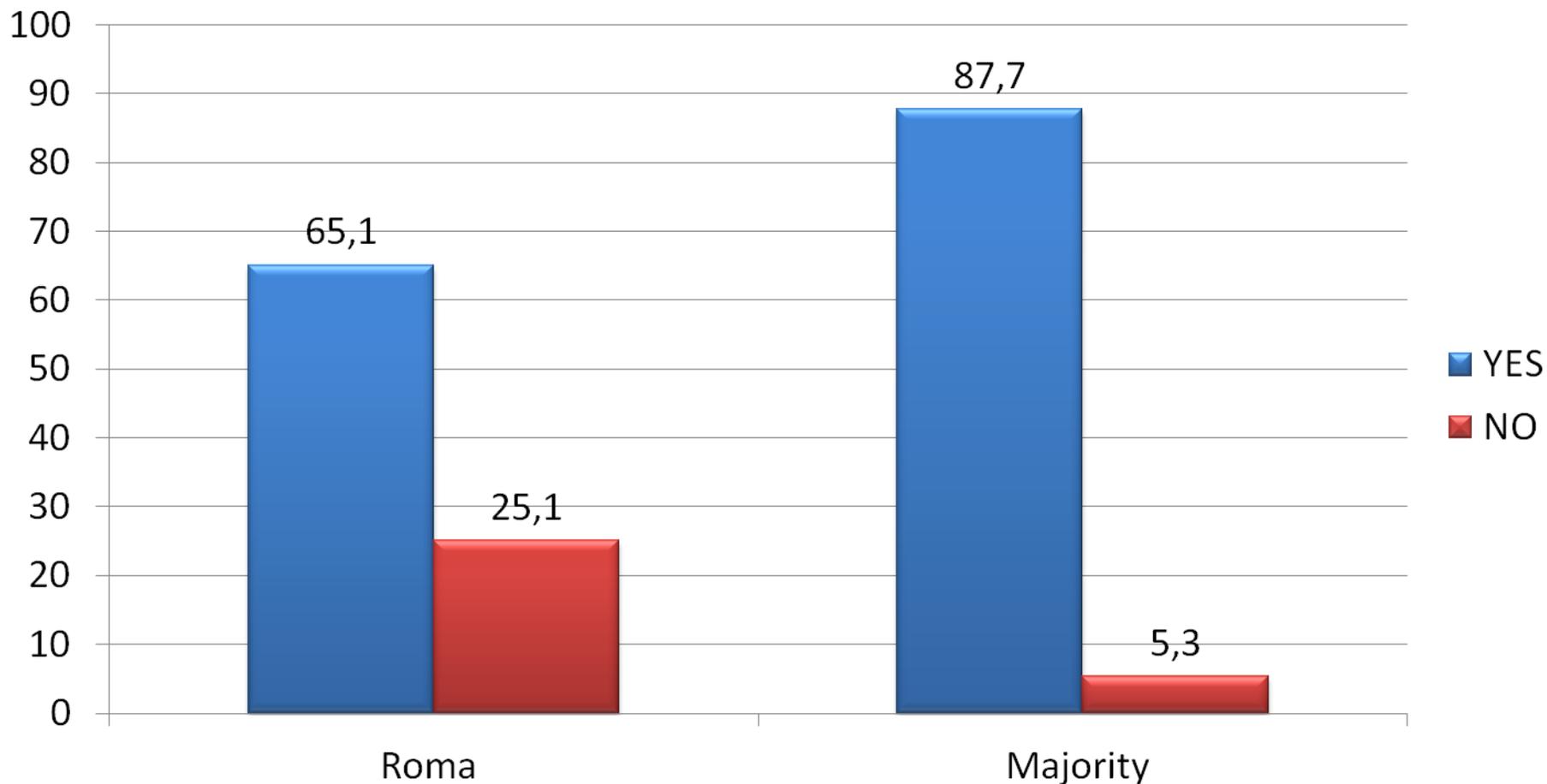
Subjective perception of being overweight and obesity

Probands	Roma		Majority		Summary	
	N	%	N	%	N	%
Yes	75	25,3	88	30,1	163	27,7
No	182	61,5	162	55,5	344	58,5
I don't know	39	13,2	42	14,4	81	13,8
Summary	296	100,0	262	100,0	588	100,0



The results

The idea if the overweight and obesity affects health status (%) N 499





Conclusi on

- Anthropometric results of our research show an increased prevalence of overweight and obesity in the Roma population: more than 1/3 of the Roma surveyed were obese by BMI, over 50% had increased levels of total fat, waist circumference Roma often stands for android type of obesity, which is associated with cardiometabolic complications
- Gender differences show a higher prevalence of overweight and obesity in the population of Roma women
- The results show that Roma do not perceive overweight and obesity as an illness, 1/3 Roma respondents think that overweight and obesity do not cause any complications



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Thank you for you attention.

Fdolak@zsf.jcu.cz

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