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Poster Presentations

FOOD INSECURITY IS ASSOCIATED WITH OBESITY AMONG ARDEBIL ADULTS

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Background and Aim: The objective of our study was to examine the association between food stress and obesity using this question as a surrogate for food insecurity

Methods: Our analytic sample included 1230 adults from Ardebil. Food insecurity was determined by response (always/usually/sometimes) to the question, "How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals?" T tests were used to compare prevalence differences between groups, and logistic regression was used to examine the association between food insecurity and obesity.

Results: the prevalence of obesity was 32.5% overall, 12.5% among food secure adults, and 20% among food insecure adults. Food insecure adults had 36% increased odds of being obese compared to food secure adults

Conclusion: Food insecurity was associated with obesity in the overall population . These findings are consistent with previous research and highlight the importance of increasing access to affordable healthy foods for all adults

Keywords: Obesity, Food insecurity, Food security, Adult