

Title

SUSCEPTIBILITY TO OBESITY

**FaMILY HISTORY
AGE AT ONSET**

**6th European Congress on Obesity
Copenhagen, 31 May - 3 June 1995**



Authors

A. Mortoglou

E. Kapantais

E. Venaki

**Endocrine & Metabolic Dpt.
Athens Medical Center hospital**

Athens - GREECE

Intro

- **Long-term results of the treatment of obesity are disappointing.**
- **Primary prevention is preferable than treatment so as to decline the incidence of obesity in the community.**
- **The influence of family history and the age when body weight initially increased are critical to identify those people who are more susceptible to become obese.**

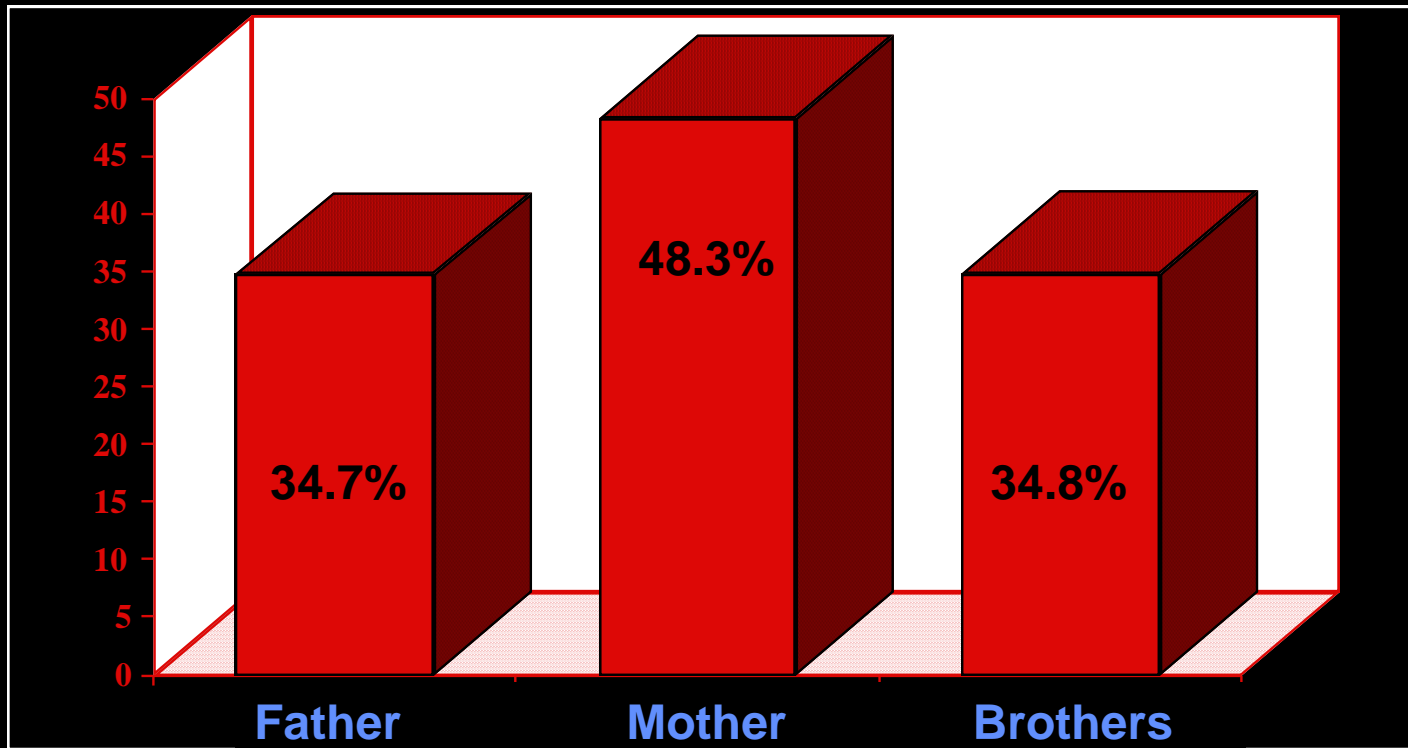
Methods

- **955 Females**
- **Age: 39.8 ± 12.7 (M \pm SD), range: 18 - 78**
- **BMI: 35.11 ± 6.57**

All answered a questionnaire, if they had:

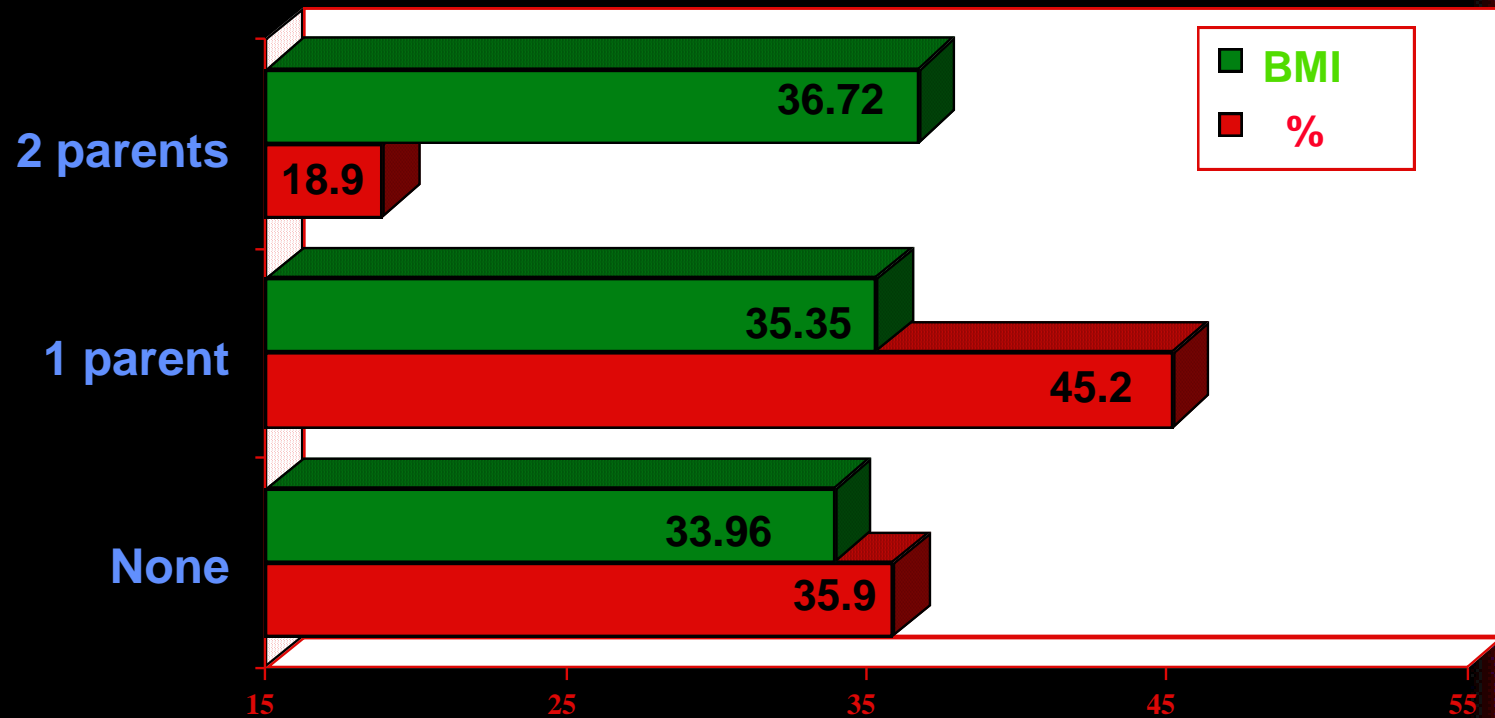
- **Obese father (BMI>30)**
- **Obese mother (BMI>27)**
- **Obese brothers (BMI>27 for females and >30 for males)**
- **When body weight increased for the first time, more than the 95th percentile for their age**

Results



Family history of obesity in 955 overweight females

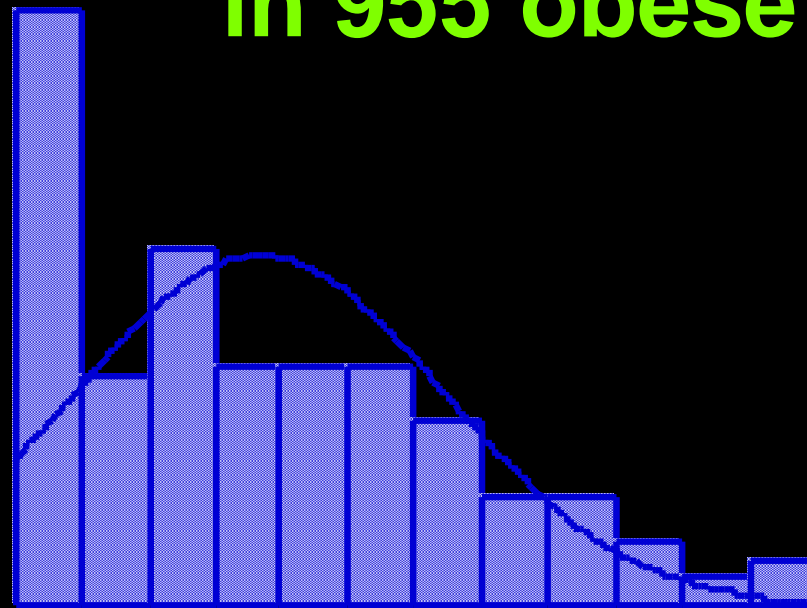
Results



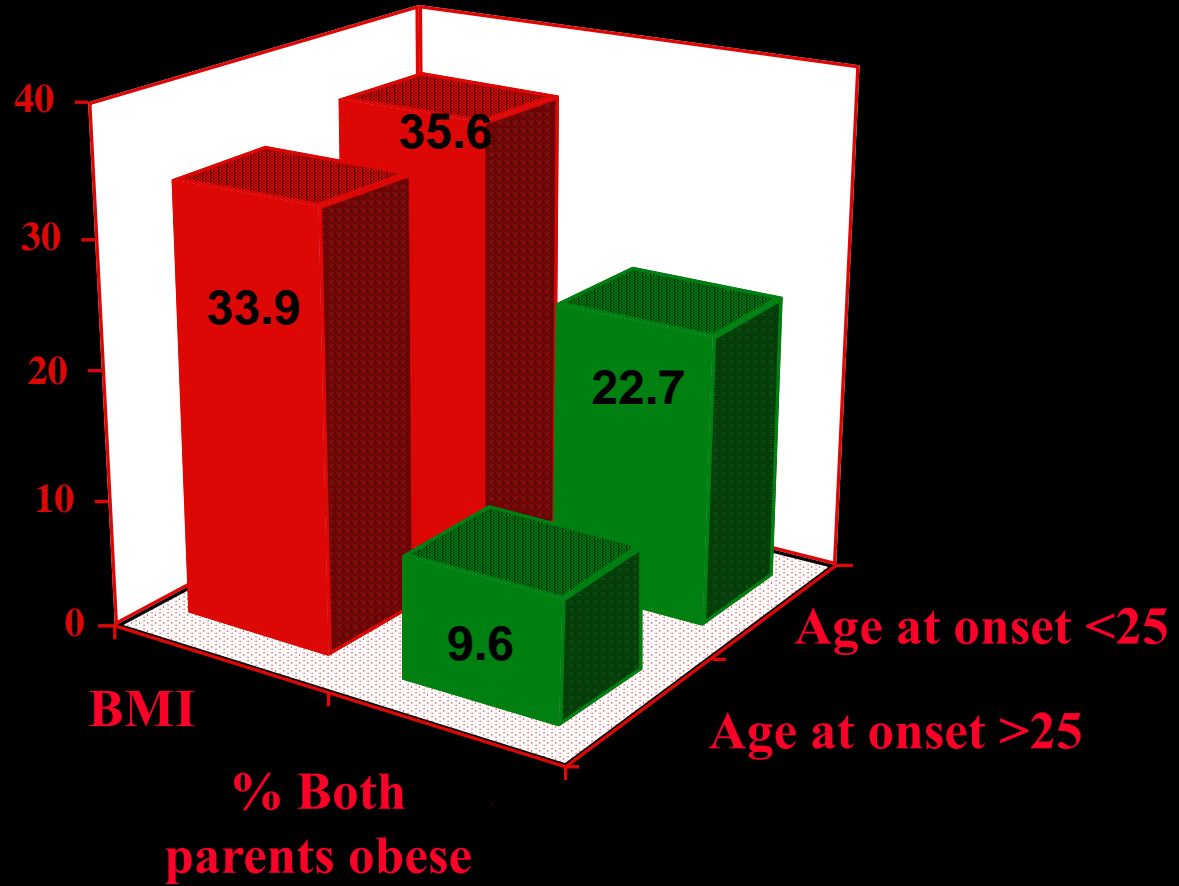
Family history of obesity in 955 overweight females

Results

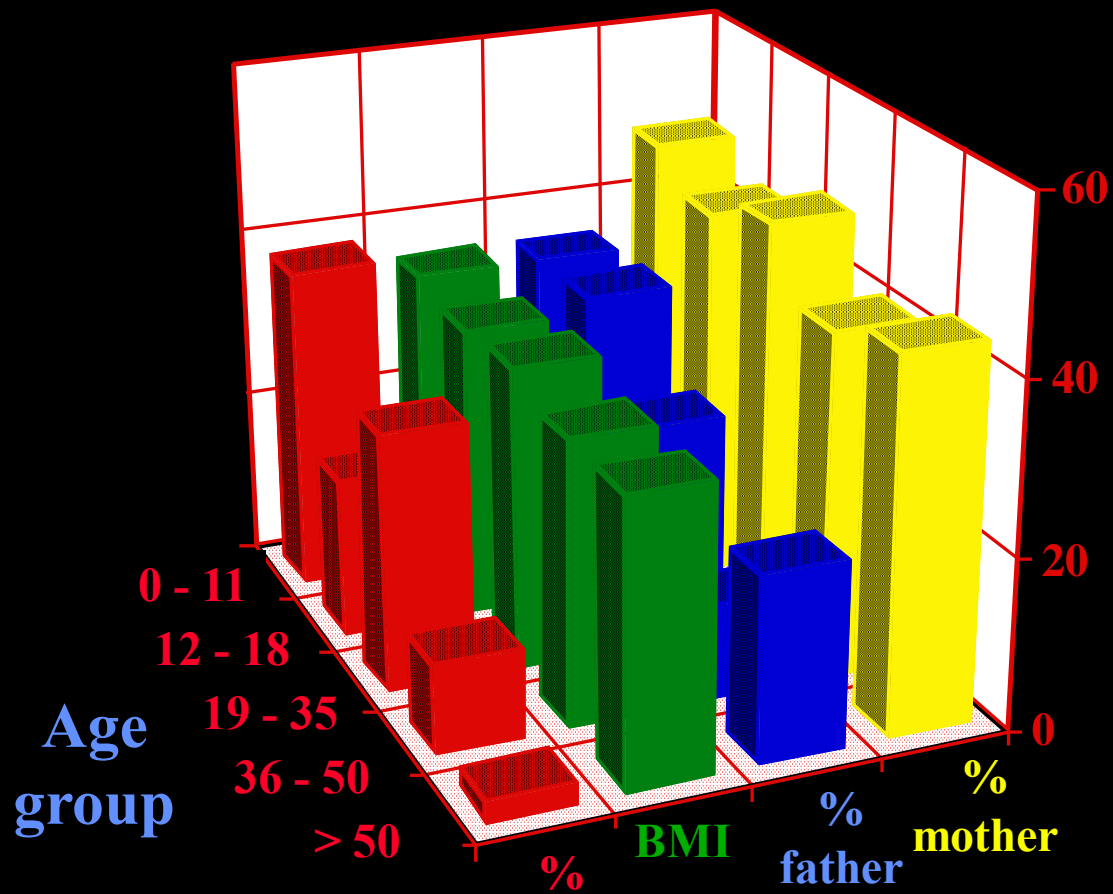
Age at onset obesity in 955 obese females



Results



Results



Conclusions

- **Females with strong family history of obesity and mainly with obese mother, are in high risk to become obese.**
- **Those cases are fatter**
- **The age of first appearance of obesity is usually the childhood and adolescence.**
- **In those age groups and up to the 25th year of life, prevention strategies must be applied.**