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Evolution of the prevalence of obesity in the adult population in France, 2013-2016: the Constances study

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ABSTRACT

OBJECTIVE - Provide trends in obesity prevalence in adults from 2013 to 2016 in France. METHODS - 63,912 men and women from independent samples upon inclusion from the Constances cohort were included. Anthropometrics were measured at Health Screening Centers and obesity defined as a Body Mass Index (BMI) ≥30kg/m^2; obesity classes according to BMI are as follows: class 1 [30-34.9]; class 2 [35-39.9]; class 3 [≥40 kg/m²]. Linear trends across obesity classes and age groups were examined in regression models and percentage point change from 2013 to 2016 for each age category calculated. All analyses accounted for sample weights for non-response, age and sex-adjusted to the French population. RESULTS - Prevalence of obesity ranged from 14.1% in 2013 to 15.2% in 2016. Class 1 obesity category prevalence was the only one to increase significantly across survey years (p for linear trend=0.0021). The only significant increase for obesity was observed in the age group 18-29y (+3% point increase, equivalent to a 66% rise, p=0.0025). CONCLUSION - After adjustment for survey non-response and for age and sex distribution, the results show that class 1 obesity prevalence has significantly increased from 2013-2016, and only in young adults in a representative sample of the French population aged 18-69 years old.

KEYWORDS: -

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