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Age-related difference in the association between waist circumference and osteoporosis in adult Korean Men

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This study aimed to investigate the relationship between abdominal obesity and osteoporosis in adult men in South Korea using data from the Korea National Health and Nutrition Examination Survey of 2009-2010. The study population (n=6,349) was selected from the 2009-2010 survey. Abdominal obesity in adult men was defined as a waist circumference >90 cm. Osteoporosis was defined as having a T-score of -2.5 or lower. To investigate the association between abdominal obesity and osteoporosis, multiple logistic regression analysis was performed. Adult men with abdominal obesity were at a higher risk for non-weight-bearing site osteoporosis than those in the control group after adjustment (odds ratio (OR): 1.608, 95% confidential interval (95% CI): 1.059-2.441, $p=0.0254$). For subjects who were in their twenties or were sixty years or older, abdominal obesity was a risk factor for non-weight-bearing site osteoporosis (OR: 5.527, 95% CI: 1.269-24.065, $p=0.0223$ for those in their twenties; OR: 2.189, 95% CI: 1.192-4.020, $p=0.0112$ for those sixty years or older). The study findings suggested that abdominal obesity in Korean adult men increases the risk for osteoporosis, especially in non-weight-bearing sites. Moreover, young men should address potential abdominal obesity due to the emergent age-related association.

Biography

Minhee Kim has completed her Bachelor's degree of Medicine from Inje University, Republic of Korea and obtained MD with License from Korea Ministry. She has completed Intern and Resident course of Family Medicine from The Catholic University of Korea, Republic of Korea and got Specialist License of Family Medicine from Korea Ministry. She is the Fellow of Department of Family Medicine of College of Medicine of The Catholic University of Korea, Republic of Korea. She has studied about obesity, metabolism and nutrition.

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