The relationship between anthropometric index and non-alcoholic fatty liver in patients and healthy individuals in oil companies of south Pars region of Assaluyeh (Iran)

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Abstract

Non-alcoholic fatty liver disease (NAFLD) is the most common type of liver disease. Obesity is considered as predictor of the risk of developing the disease in the general population. This study was carried out aimed to determine the relationship between BMI and non-alcoholic fatty liver in patients and compare it to the healthy group. This case-observational study was carried out on 436 patients with NAFLD and 737 healthy individuals. Height, weight and body mass index were measured in all subjects. Statistical analysis was performed using T-test and logistic regression model. $P<0.05$ was considered as significance level. The mean age of patients was 42 years. A significant difference was observed in mean weight and BMI in the patients group. The mean BMI in patients with NAFLD and in healthy subjects was 27 and 25.04 respectively. According to the results, there was a significant relationship between overweight ($30\leq BMI\leq 25$) and obesity ($BMI\geq 30$) and there is a risk of NAFLD ($P<0.001$), and it was also found that abdominal obesity increases the risk of NAFLD. No significant difference was observed in BMI indices of patients with NAFLD and healthy people. Abdominal and local obesity are considered as important line factors for talent to NAFLD.

Biography

Masoumeh Dabiri has completed her PhD and Post-doctoral studies from Qom University of Medical Sciences (IRAN). She has eight years of experience as Family Doctor in oil industry organization from 2010 up to now and she is Occupational Medical Clinic Manager and Owner from 2014 up to now.

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