Overweight and obesity is as frequent as underweight in Indian patients with Inflammatory bowel disease


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Results:
The study included 230 patients with IBD (Mean age 37.5±12.2 years, males 62.2%). 122 had CD (Mean Age 37.1±13.2 years, males 63.8%) and 108 had UC (Mean age 37.9±11 year, males 60.2%). Overall 31.30 % (95% CI 25.7–37.6) of IBD patients were overweight / obese and 28.7% (95% CI 23.2–34.9) patients were underweight, suggesting a similar frequency for both categories. 35.6% women were overweight/obese compared to 28% men with IBD (p=0.28). On evaluation of relationship with disease type, overweight/obesity was present in 35.18% patients with UC and 27.86% patients with CD (Figure 1). This difference was not significant statistically (p=0.29).

Complicated disease behaviour was noted in 53.3% of patients with CD and was not associated with Overweight/obesity (p=0.43).

Conclusion:
About one-third of patients with IBD are overweight/obese which is similar to the frequency of underweight patients. Overweight/obesity is frequent in both UC and CD.