Inflamasi kronis derajat rendah yang diukur melalui indeks diet inflamasi dan hubungannya dengan kegemukan pada guru di Yangon Myanmar = Chronic low grade inflammation measured by dietary inflammatory index and its association with obesity among school teachers in Yangon Myanmar

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Abstrak

[ABSTRAK
Studi komparasi potong lintang untuk menginvestigasi hubungan antara kegemukan dan inflamasi kronis derajat rendah, yang diukur melalui indeks diet inflamasi (DII), telah dilakukan pada guru wanita di Yangon, Myanmar (128 guru normal, 116 guru obese) Nilai rerata DII adalah 0.9 ±1.9 (0.91±1.92 dan 0.81±1.88 pada subyek obese dan non-obese, p=0.29). Guru dengan kegemukan beresiko 5.5 kali lebih besar untuk memiliki CRP >3mg/dl (p-value 0.02; 95%CI 1.24 - 24.07). Studi ini menemukan bahwa subyek obese mengkonsumsi lebih sedikit makanan yang bersifat anti-inflammasi seperti bawang dan antioksidan yang berimplikasi pada pencegahan dan pengendalian kegemukan dan penyakit tidak menular di Myanmar.
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ABSTRACT
A comparative cross-sectional study was conducted to investigate the association between obesity and chronic low-grade inflammation measured by dietary inflammatory index (DII) among school teachers in Yangon, Myanmar. The mean ± SD of DII was 0.9±1.9 (obese 1.07 ± 1.92, non-obese 0.81± 1.88, p=0.29). Obesity was significantly associated with increased risk of having high CRP (OR= 5.5, 95% CI 1.24-24.07, p=0.02). This study found lower intakes of anti-inflammatory food parameters like onion and some antioxidants in obese (n=116) than non-obese (n=128), which have implication for prevention and control of obesity and non- communicable diseases in Myanmar population., A comparative cross-sectional study was conducted to investigate the association between obesity and chronic low-grade inflammation measured by dietary inflammatory index (DII) among school teachers in Yangon, Myanmar. The mean ± SD of DII was 0.9±1.9 (obese 1.07 ± 1.92, non-obese 0.81± 1.88, p=0.29). Obesity was significantly associated with increased risk of having high CRP (OR= 5.5, 95% CI 1.24-24.07, p=0.02). This study found lower intakes of anti-inflammatory food parameters like onion and some antioxidants in obese (n=116) than non-obese (n=128), which have implication for prevention and control of obesity and non- communicable diseases in Myanmar population.]