

Prevalence of Overweight and Obesity, and Associated Complications in a Tertiary Hospital in Beijing

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Abstract

Aim: To assess the prevalence of overweight and obesity, as well as related complications, through a cross-sectional, single-center database in Beijing. **Materials and Methods:** Data were obtained from the physical examination center of our hospital via the Annual Health Examination System (Version 3.0). For the analysis of overweight and obesity, eligible participants were aged 30 years and older, had undergone routine examinations in 2024 (N=8,691), and had complete data on height, weight, gender, and unit. Additionally, the incidence of overweight and obesity-related complications, grouped by body mass index (BMI), was calculated using logistic regression. **Results:** In 2024, our hospital's health examination center conducted check-ups for 13,411 individuals. In the overweight and obesity study, a total of 8,691 eligible participants were included (median age 35 years; average BMI 24.8 kg/m²; 79.80% male). According to the Chinese BMI classification, 45.58% were classified as overweight and 14.03% as obese. The growth trends across different age groups exhibited distinct characteristics in both males and females. Compared to participants with a normal BMI, those who were overweight or obese had a higher incidence of assessed complications (trend P<0.05). The most common complications among overweight and obese participants were fatty liver, hyperuricemia, and prediabetes (according to ADA criteria). **Conclusions:** Overweight and obesity, along with related complications, are highly prevalent in this population. These data provide insights into the health status of examined participants from the perspective of our medical center and can better inform management and prevention strategies for public health.

Keywords

Database Research, Diabetes Complications, Dyslipidaemia, Observational Study, Population Study, Real-world Evidence