

World Summit on **O**BESITY AND **W**EIGHT **M**ANAGEMENT

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Mentholated Cigarettes and Obesity

Statement of the Problem: Despite the old myth that smokers are skinnier, obesity is reaching epidemic proportions among smokers, and particularly among women. Since mentholated cigarettes are widely used by women, we assessed whether obesity was a result from menthol induced alterations. Methods: Smokers living with HIV and ready to quit were consecutively enrolled in our clinical trial. With a response rate of 98%, 154 female smokers were enrolled until 12/2018. Smoking history was obtained, and participants were grouped into users of mentholated cigarettes=Group 1, or Group 2 if non-mentholated users. The study visit includes collection of anthropometrics, along with a history of weight problems. Two main outcomes were examined: (1) the relationship between Body Mass Index (BMI) and proximal predictor variables derived from the Socio-Ecological Model: socioeconomic status, and unhealthy habits (dietary intakes, physical activities, sleep and smoking); and (2) the prevalence of overweight and obesity (BMI >30) and the history of obesity as a function of the type of cigarette used. Result: The prevalence of obesity among this group was 51%, whereas in the general population is 38.3% (NHANES). An association was found between obesity and one SES