



Obesity Increases the Chance of Contracting Covid

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Introduction

A study conducted in India during the first wave of the COVID-19 pandemic (March 2020) found that individuals with obesity (BMI ≥ 30.0) had a significantly higher risk of contracting COVID-19 compared to those with normal weight (BMI 18.5-24.9). The risk was 2.2 times higher for the obese group. Furthermore, individuals with obesity (BMI ≥ 30.0) had a significantly higher risk of severe COVID-19 outcomes (OR 1.86) compared to those with normal weight (BMI 18.5-24.9).

The study included 26,030 individuals (March 16, 2020 - June 31, 2020). The prevalence of COVID-19 was 1,178 (4.5%) in the obese group and 1,178 (4.5%) in the normal weight group. The risk of severe COVID-19 outcomes was 1.86 times higher in the obese group compared to the normal weight group.

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Obesity is a global health problem, and its prevalence is increasing rapidly. Obesity is associated with several comorbidities, including hypertension, diabetes, and cardiovascular disease. These comorbidities increase the risk of severe COVID-19 outcomes. Therefore, it is important to identify individuals at high risk of severe COVID-19 outcomes and provide them with appropriate medical care.

Objective: To determine the risk of contracting COVID-19 and severe COVID-19 outcomes in individuals with obesity compared to those with normal weight.

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