

**The Association of Low Back Pain with Obesity in One of the
Primary Health Care Centers†**

Mohammed Halalsheh, MD, JBFM* Mohammed Tarawneh, MD, JBFM*
Ziad Mahadine, MD, JBFM**

Objective: The present study was designed to assess the association between low back pain and obesity in patients attending one of the primary health care centers.

Methods: A case control study of patients attending Marka Medical Center (Amman Jordan) was conducted over 7 months (Jan-Jul 1998). All patients with low back pain were included as cases and an equal number of controls, matched for sex and age (± 3 years) were randomly selected for comparison. WHO classification was used for categorization of Body Mass Index (BMI).

Results: There were a total of 513 (208 males and 305 females) patients complaining of low back pain. Female to male ratio was 1.5 to 1. The mean age of cases was 45.2 years; while that of the controls was 42.8 years. Only 16.7% of patients with low back pain can be considered as ideal body weight as compared with 58.1% among controls. The mean BMI (\pm SD) of cases was $32.2 (\pm 7) \text{ Kg/m}^2$, while of the controls was $26.5 (\pm 6.6) \text{ Kg/m}^2$ ($P < 0.001$) and the difference was statistically significant in both genders ($P < 0.001$).

Conclusion: The obese patient is of a higher risk of developing low back pain and it is recommended that, health education regarding weight reduction is a useful means to prevent low back pain.

Bahrain Med Bull 2000;22(1):