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## **Prevalence Of Obesity among Overseas Shift Workers in an Iranian Petrochemical Company**

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In recent decades, obesity has emerged as one of the nutritional and health problems in developed and developing countries. Obesity is defined as the accumulating excess adipose tissue in the body, which is caused by an imbalance between calorie intake and consumption. In this study First, 500 people were randomly selected. They were selected randomly taking into account the ratio of gender distribution and job category grouping. To participants FFQ, IPAQ, Demographic Information, Nutrition Awareness Questionnaire and Specifications were given anthropometrically. Then the data were analyzed by Pearson r method prevalence of obesity rate was 27% among staff. There was a significant inverse relationship between the level of physical activity and level of nutritional awareness with obesity ( $p > 0.001$ ). Also, a direct significant relationship between calorie intake and job stress with obesity ( $p > 0.001$ ). No significant relationship found between education level and sleep adequacy with obesity.

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