

## **Eating Pattern and Some Factors Effective on Body Mass Index in Erzurum Province of Turkey**

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**ABSTRACT** Normal range of Body Mass Index (BMI) is highly important for a healthy and quality life. BMI has shown increase at significant rate worldwide in recent years. Within this context, a survey was administered to 400 individuals in Erzurum province in order to determine the factors affecting BMI. Regression analysis was employed in the evaluation of the data. According to the results, it was determined that BMI increased with age. In addition, the consumption of butter, bread, and chicken was found to have a significant positive affect on BMI. It was concluded that public awareness should be raised using programs in mass media for a healthy lifestyle through encouraging sports activities and changing eating habits towards keeping BMI within normal ranges.