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Prospective Study

Weight trends in United States living kidney donors: Analysis of the UNOS database

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Abstract

AIM: To analyze the national trends associated with Body Mass Index (BMI) and living kidney donation.

METHODS: 47,705 adult living kidney donors as reported to the OPTN from 1999 to 2011 were analyzed using their pre-donation BMI. Predictor variables of interest included age, gender, ethnicity, relationship, education status, and transplant region.

RESULTS: 16,971 of the living kidney donors were normal weight (35.6%); 19,337 were overweight (40.5%); 9007 were mildly obese (18.9%); 1992 were moderate to morbidly obese (4.2%). Overweight and mildly obese kidney donors have increased through time by 12% and 20% every 5 years, respectively ($p < 0.05$). Donors 35-49 years of age, hispanic males or females and black females, those with high school diploma or GED,

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