



© Kamla-Raj 2007

Human Ecology Special Issue No. 15: 91-99 (2007)

Variation in BMI in Middle-Aged Poles and Associated Demographic, Social and Lifestyle Factors

Maria Kaczmarek

*Institute of Anthropology, Adam Mickiewicz University, Umultowska 89, 61-614 Poznań, POLAND
E-mail: makac@amu.edu.pl*

KEYWORDS Gender. Midlife Transition. Weight Status. Marital Status. Education. Urbanization. Lifestyle Behaviours

ABSTRACT This paper describes variation in weight status among middle-aged Poles and evaluate factors associated with this variation. 2078 men and 4444 women, aged 40 – 65 years, were polled in cross-sectional population-based study conducted between 2000-2004 in Poland. Uni-variate and multi-variate analyses were run in order to describe within and between gender variability in BMI. Multiple Correspondence Analysis was computed to evaluate qualitative association of socio-demographic factors and the BMI. The association of selected biological, demographic, social and lifestyle behaviour characteristics with the obesity was modeled using multiple logistic regression with backward elimination. The odds ratios of the obesity among different subgroups were estimated with simultaneous adjustments for all other statistically significant covariates in the model. The findings revealed that age cohort (OR=2.3), marital status (OR=0.54), education level (0.43), smoking habit (OR=0.43), and physical activity (OR=0.51) were significantly associated with risk for obesity among males whereas among females there were: age cohort (OR=4.31), education level (OR=0.24) and smoking habit (OR=0.44). The findings revealed higher susceptibility of middle-aged men to environmental factors compared to their female peers.