

Body Mass Index and Its Related Factors in the Elderly

S W Lai,**MD*, T C Li,***PhD*, K C Ng,***MD*

Abstract

Background: A cross-sectional study was conducted in May 1998 in Chung-Hsing Village, Taiwan to evaluate the relationship between body mass index (BMI) and its related factors in the elderly. **Methods:** Individuals aged 65 years and over were recruited as study subjects. A total of 1093 persons, out of 1774 registered residents, were contacted for face-to-face interview (61.6%). However, only 586 respondents completed the questionnaire and had blood tests. Analysis was based on these 586 subjects. **Results:** There were 66.0% men and 34.0% women. The mean age was 73.1 ± 5.3 years. The BMI was 24.13 ± 4.64 kg/m² and 24.07 ± 3.99 kg/m² for men and women, respectively ($P > 0.05$). In univariate analysis, high systolic pressure, high diastolic pressure, hypertriglyceridaemia, hyperglycaemia and hyperuricaemia were related to obesity. After controlling for the other covariates, the multivariate logistic regression analysis showed that significant related factors of obesity were hyperglycaemia and hyperuricaemia. **Conclusions:** Significant related factors of obesity in the elderly were hyperglycaemia and hyperuricaemia. A large-scale investigation will be suggested in the future to address causal-effect issues between obesity and hyperglycaemia or hyperuricaemia.

Ann Acad Med Singapore 2001; 30:397-400

Key words: Body mass index, Hyperglycaemia, Hyperuricaemia, Obesity

* Visiting Staff
Department of Community Medicine

** Associated Professor
Institute of Chinese Medicine

*** Visiting Staff
Department of Emergency
China Medical College Hospital, Taichung, Taiwan

Address for Reprints: Dr Kim-Choy Ng, Department of Emergency, China Medical College Hospital, No 2, Yuh-Der Road, Taichung, 404, Taiwan.
E-mail: shihweil@ms2.hinet.net