

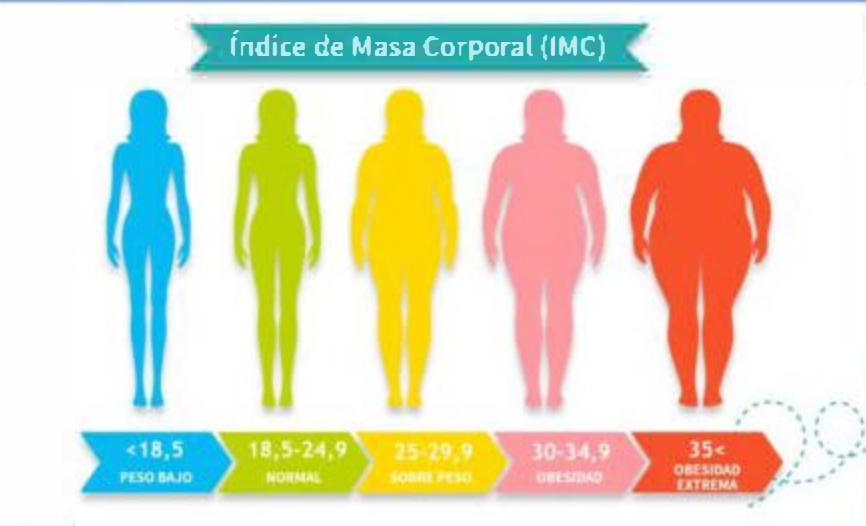
Obesity among Hispanics:

The Relationship to Lifestyles, Socioeconomic Characteristics, and Education



Introduction

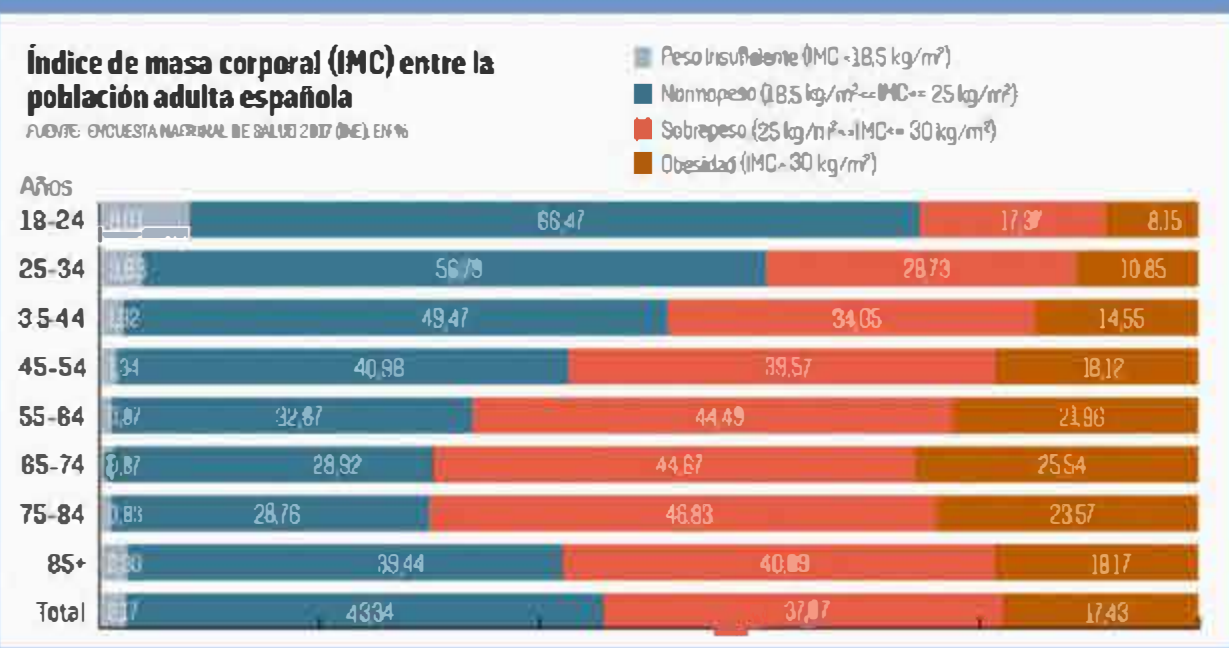
Obesity is a factor in chronic diseases, such as heart disease, hypertension, stroke and diabetes, as well as COVID-19. Minorities are more affected by obesity. The rates of obesity in hispanic countries and populations are affected by many factors, such as **diet, lifestyles, socioeconomic status, education, and urbanization**.



The levels of obesity have increased the last several decades. Studies of different countries help us to understand the important factors that obesity and the ways that we can help prevent it.

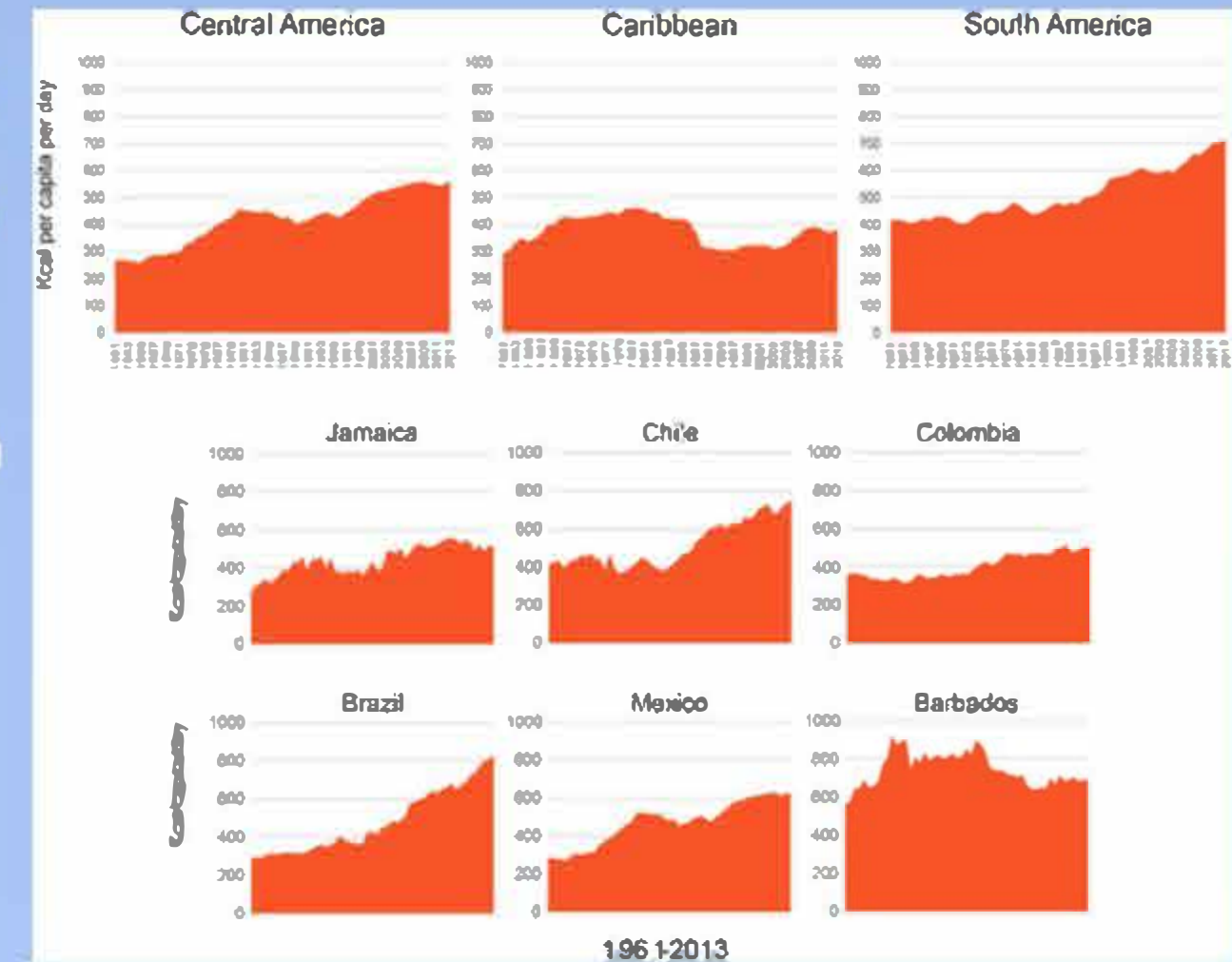
Methods

- Studies focused on measuring factors related to obesity from national surveys and rates of obesity.
- Rates of obesity measured by Body Mass index (BMI) and weight-to-height ratios
- Data from national surveys: population data, cartography, and socioeconomic status.
- Factors researched: diets, physical activity, income, education levels, birth weights and lifestyles.
- Participants included: Hispanic, Caucasian, Asian, and African American.



Results

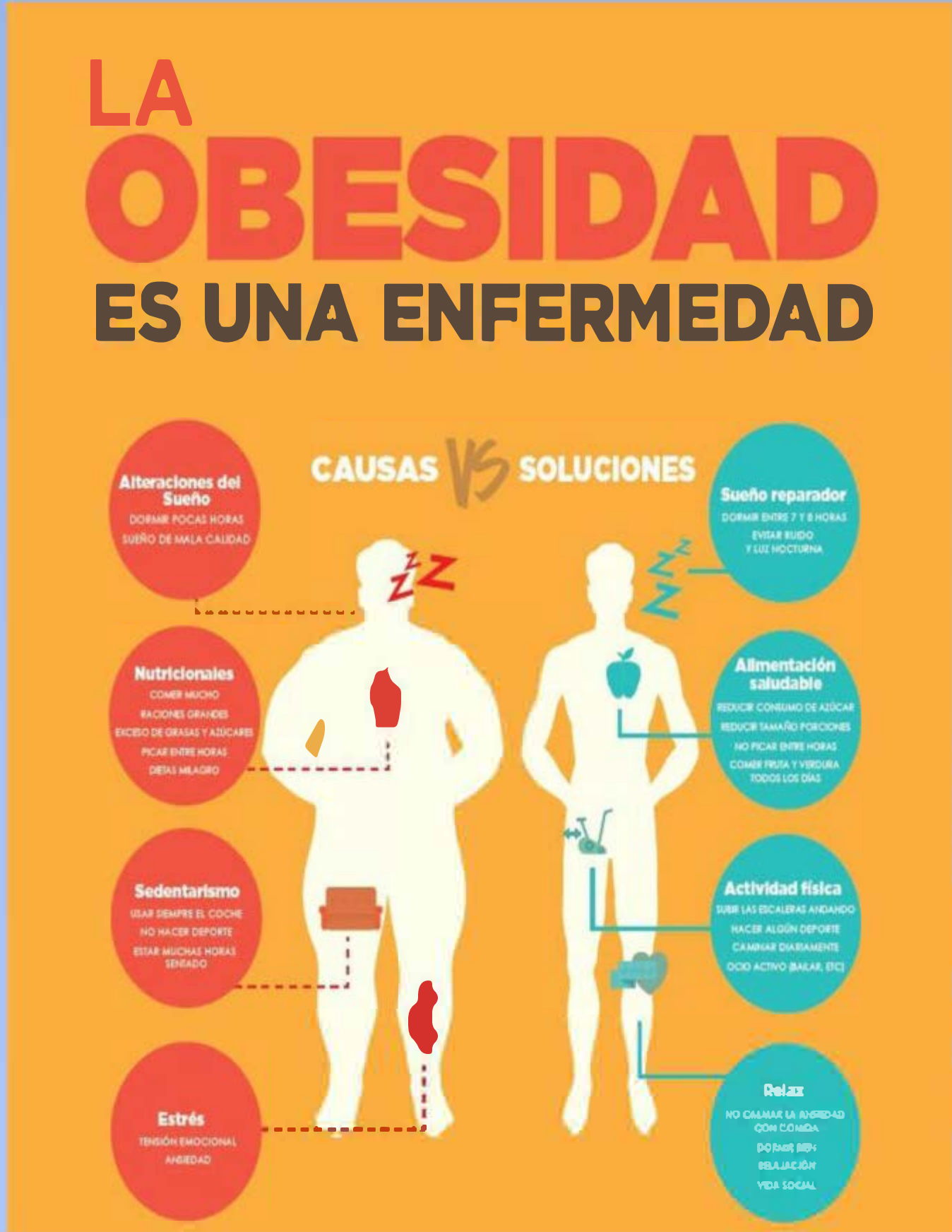
- Minorities have higher rates of obesity.
- Women have the greatest risk of obesity if they have less education and lower socioeconomic status (Kain, Vio, & Albala 2003).
- Babies born with lower weights have higher risk of obesity in adulthood (Maffetone & Laursen 2020; Kain, Vio & Albala 2003).
- In developed countries, the risk of obesity is higher for people of lower socioeconomic status, while in developing countries, obesity is higher among people of higher socioeconomic status.
- Urbanization contributes to changes lifestyles, such as sedentary lifestyles.
- Diets contain more processed foods, with more fat and added sugar and contribute to obesity rates. (Maffetone & Laursen 2020; Jimenez-Mora et al. 2020; Kain, Vio & Albala 2003).



Credit: B. M. Popkin & T. Reardon, "Obesity and the food system transformation in Latin America"

Discussion

- Urbanization has played a fundamental role in the contribution to sedentary lifestyles (Kain, Vio, & Albala 2003). Lifestyles are less active, with the ability to drive, shop, and work with little physical effort. Urbanization has increased stress levels in cities where denser populations compete for resources, jobs, and housing.
- Socioeconomic status affects rates of obesity. As economic growth increases, obesity rates increase. Socioeconomic levels and obesity vary between developed and developing countries. Further research into these variances is necessary.
- Processed foods that are higher in calories, fats and added sugars, are popularized due to their affordability (Jimenez-Mora et al. 2020). Diets are a fundamental piece of preventing obesity, especially in adolescents (Kain, Vio, & Albala 2003).
- Education and gender are important in the risk of obesity. Less educated women of lower socioeconomic status were more likely to be overweight or obese. This exemplifies that women's access to education and resources is imperative to their wellbeing.



Conclusions



- We need to reduce disparities between the rich and the poor. Access to resources for all is essential to leading healthy lives.
- We need to teach how social stratification is one of our most important struggles and challenges, so that we can utilize this understanding for the benefit of better nutrition.
- It is vital to provide access to education and resources to those who need it most.
- Around the globe, its necessary to educate more people about obesity and advocate for change of lifestyles to be more active and diets less processed.

Future Directions

Further investigation is needed on the effects of legal status, health, and access to resources in the Hispanic community. I am currently working with a group at Mayo Clinic to research localized factors associated with obesity, such as socioeconomic status, legal status, and COVID-19.

The original poster was created in Spanish. The presentation has been translated from Spanish to English for SOARS.

FUENTES

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