

THE RELATIONSHIP BETWEEN BODY MASS INDEX AND THE QUALITY OF LIFE OF THE URBAN ADULT POPULATION OF THE CITY OF BELGRADE

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Overweight has got a negative influence on the health but data about influence of overweight on the Health-Related Quality of Life (HRQoL) are contradict. The cross-sectional study included 105 men and women from the Health Center Clinicanova in Belgrade. The study was conducted from 1st February to 31st March 2018. Body height and body weight were measured by standard anthropometric methods. Body Mass Index (BMI) was calculated and correlation analysis was done. The questionnaire Obesity Related Well-Being 97 (ORWELL97) was applied. The response rate was 91 % (105 of 115). Men represented 43% of all persons and women accounted for 57 %. The average age was 29.5 ± 3.2 . The average BMI was 25.4 ± 4.0 kg/m². There was strong positive correlation between BMI = 25-26.9 kg/m² and total scores in ORWELL97 questionnaire ($r = 0.96$), subquestion O ($r = 0.98$) and subquestion R ($r = 0.97$). Strong positive correlation was found between ITM = 27-29.9 kg/m² and total ORWELL97 score ($r = 0.95$), as well as with total scores on subquestion O ($r = 0.95$) and subquestion R ($r = 0.98$). Lower HRQOL had participants with BMI = 27-29.9 kg/m² ($t = 6.866$; $p < 0.001$) than participants with BMI = 25-26.9 kg/m². The difference between total scores in ORWELL97 questionnaire in participants who had BMI < 25 kg/m² and those with BMI > 25 kg/m² was not significant ($t = 1.143$, $p > 0.05$). The strong positive correlation between BMI higher than 25 kg/m² and the total ORWELL97 scores was determined. BMI higher than 25 kg/m² strongly correlates with lower quality of life.

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