

Public health crisis- obesity

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This research utilized the National Health and Nutrition Examination Survey for 2007-2008 to: 1) examine correlates of individual adult obesity in the United States, and 2) project the future rate of obesity into 2040.

The first objective of this study was to evaluate which individuals are at risk of experiencing overweight and obesity in the United States using the 2007-2008 National Health and Nutrition Examination Survey controlling for sociodemographic characteristics, health behaviors, health conditions, and nutrition patterns. More specifically this analysis estimated the odds that an individual was overweight or obese utilizing individual level data and multiple variable analyses controlling for race/ethnicity, socioeconomic status (SES), age, gender, educational attainment, marital status, health behaviors, self-rated weight status to actual weight status, health status and nutritional patterns of adults. The second objective was to forecast future obesity and health trends derived from multiple years of NHANES data, starting in 2000.

Six questions were addressed based on these two objectives. First, do certain individuals experience higher odds of obesity based on sociodemographic characteristics, behavioral or physical characteristics, or access to healthcare? Second, what is the relationship between the dietary habits of individuals and the odds of that individual being overweight or obese? Third, are there certain behaviors that lower the odds that an individual will be overweight or obese? Fourth, is there a relationship between food security in the household and the odds that an individual is overweight or obese? Fifth, based on the current trends in obesity, what will the obesity prevalence rate be in 2040? Sixth, how will potential changes in obesity rates over this period affect the prevalence of Types 2 diabetes and cardiovascular related diseases?

Biography

Mary A. Hogan completed his Ph.D. in Demography and Public Health from the University of Texas at San Antonio in conjunction with the University of Texas School of Public Health. She recently accepted a position as an Assistant Professor in the School of Health Administration at Texas State University. She has 15 years of senior executive management experience in health care with a recent focus in a bariatric surgery practice. She has presented and published over 20 papers with a predominant focus on obesity, food and nutrition, and associative behaviors.

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