

5th International Congress on
Geriatrics and Gerontology

March 10-11, 2025 | Webinar

Examining the Relationship Between Obesity and Income Distribution Using Body Mass Index (BMI) and Body Shape and Size Index (BSSI): A Case Study of Pakistan

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Statement of the Problem: Obesity has become a significant public health challenge worldwide, impacting millions and linked to various health issues, including hypertension, Type 2 diabetes, cardiovascular diseases, and certain cancers. This study investigates the relationship between obesity, as measured by Body Mass Index (BMI) and Body Shape and Size Index (BSSI), and family income distribution among children and adults in Pakistan. The rising prevalence of obesity, especially in context of changing socioeconomic conditions, poses urgent public health concerns.

Methodology & Theoretical Orientation: This cross-sectional study analyzed data from 2,223 individuals aged 2 to 19 years in Multan, Pakistan. Utilizing standardized procedures for measuring height and weight, we calculated BMI and introduced the BSSI as a more comprehensive anthropometric measure. Statistical analyses were performed to examine the relationship between obesity indices and family income, with a focus on gender differences as well.

Conclusion: Results indicate that socioeconomic factors play a crucial role in shaping body composition among the Pakistani population, suggesting a need for targeted public health interventions. Addressing the rising obesity rates necessitates a multi-faceted approach that includes improving socioeconomic status and access to healthcare. Recommendations highlight the importance of incorporating socioeconomic considerations into public health strategies aimed at combatting obesity.

Biography

Waqas Ghulam Hussain is a PhD Scholar in Statistics at The Islamia University of Bahawalpur, Pakistan. His research focuses on obesity, body composition, and the impact of socioeconomic status on health outcomes. Since 2021, he has contributed to studies on income distribution's effects on metrics like BMI and BSSI. Dr. Hussain has presented at national conferences and co-authored several journal articles in public health, statistics, and gerontology. His work highlights the role of socioeconomic factors in health policy and obesity prevention. He is also dedicated to mentoring students and advancing statistical applications in public health research.