

6<sup>th</sup> International Conference on

# Depression, Anxiety and Stress Management

April 25-26, 2019 | London, UK

## Impact of acculturation on BMI levels and health across various racial groups

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Overweight/obesity rates in the United States have increased exponentially for the last 30 years, resulting in a population with higher rates of cardiovascular and health-related diseases (World Health Organization, 2019; Rosas, Sanchez-Vaznaugh, & Sanchez, 2015). Although genetic components have a role in overweight and obesity rates, racial identity, social class, and acculturation levels also showed disparities in BMI levels. Acculturative stress, for instance, can affect eating habits and physical activities, resulting in unhealthy behaviors (Allen et al, 2014; Franzen & Smith, 2009; Aruguete et al., 2007). The following research study examined the role of acculturation on BMI levels across various racial groups (Caucasian, African/Black Americans, Latinx Americans, Asian Americans, and Multi-racial), eating habits, physical activities, and reported health concerns from 288 participants. Preliminary results showed a negative trend between acculturation and BMI levels. Latinx Americans were found to have the highest BMI levels compared to other groups; while Asian Americans showed the lowest BMI levels. The study also examined the validity of the standard BMI cutoffs for overweight and obesity set by the World Health Organization for Asian Americans, and found statistical significance between the BMI standard cutoffs and the suggested BMI cutoffs for individuals of Asian descent. Preliminary results of the study indicated further review of the current BMI standard cutoffs for particular racial groups and whether a different standard should be considered.

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