

Gender Patterns of Environmental Variants in Over Weight and Obesity among University Students

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Objectives: The present study examines gender differences of individual and regional variants in overweight and obesity between men and women.

Methods: Participants were 11,942 college students identified through a multistage survey sampling process conducted in 50 universities in China. The data collection instrument was a self-administered questionnaire. Multilevel logistic regression models were used to examine individual and regional influences on overweight and Obesity.

Results: The prevalence of overweight and obesity was 9.5% (95% CI: 7.7%, 11.3%) in the overall study sample, was double higher in males (13.9% <95% CI: 11.5%, 16.7%>) in males and (6.1% <95% CI: 4.1%, 8.1%>) in females, respectively. The final multiple level logistic model showed that higher family income and original GDP, higher perceived life stress and regional unemployment were associated with higher overweight and obesity in males. However, unlike male students, only regional unemployment was associated with overweight and obesity in the opposite direction among females.

Conclusion: Our research underscores males were more sensitive to overweight and obesity, which were influenced by more environmental variants in males than in females. This information should be considered in formulating policy and designing and implementing effective interventions in overweight and obesity among male young adults.