DO CORRELATES OF FALL-RELATED INJURIES VARY BY BODY MASS INDEX?

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Background

• Socio-demographic correlates of fall-related injuries among aging population are not well understood.
• Even less is known about the role of obesity in the relationship between socio-demographic factors and fall-related injuries.

Method

• Texas BRFSS (2012) data (N=1688) were examined to identify the socio-demographic determinants of fall-related injuries among obese versus non-obese groups.
• The dependent variable was fall-related injuries that limit an individual’s regular activities for at least a day or require them to go see a doctor.
• The study sample consisted of 45 years and older.
• Logistic models were developed.

Results

• In Texas, about two-fifth (39.5%) of falls resulted in injuries in 2012.
• Preliminary analyses indicated that sex, employment status, and income are associated with injuries.

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Among those with BMI > 30:

• Hispanics and individuals classified as “Others” race category were less likely to report injuries compared to Whites [OR = 0.48, 95% CI (0.24 - 0.94); and 0.06 (0.01 - 0.5)] respectively.
• Women were more than twice likely to report injuries compared to men (OR=2.01, 95% CI, 1.19 – 3.39), and,
• Individuals with income more than $25,000 were less likely to report injuries compared to those with income less than 25k.

Among individuals with BMI < 30:

• Only sex was the significant predictor of injuries where women were nearly twice more likely to report injuries compared to men.

Conclusion

• Correlates of fall-related injuries differ by the BMI status.
• Interventions aimed at preventing fall-related injuries among obese individuals may consider race / ethnicity, gender and income status, while injury prevention interventions aimed at non-obese individuals should consider gender differences.