Experiencing acculturation, gender, and BMI among different racial and ethnic groups

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Study Overview
The current study explored the relationship between acculturation and BMI levels across different racial/ethnic groups and how external factors such as education, income, and gender may impact BMI levels. The study also examined the WHO standard cutoffs for overweight & obesity for Asian American groups.

Methods
We recruited 278 participants but were only able to analyze 188 at this time. Participants consisted of students at the University of Bridgeport and Survey Monkey users. 175 of the participants were in the 18-29 age range, 9 were in the 30-44 age range, and 1 participant did not answer. There were 133 females and 54 males. 15 participants identified as Asian American, 36 Hispanic/Latinx Americans, 75 African/Black Americans, 27 Caucasian Americans, and 23 as multi-racial.

Literature Review
Obesity Trends: BMI levels have increased in the United States for the last 30 years, resulting in subsequent rise in cardiovascular diseases (Rossa et al., 2015; Singh et al., 2011). Latinx groups were found to have the highest risk for overweight and obesity compared to other minority groups, and significant generational differences were also found (Albrecht & Gordon-Larsen, 2013; Bates et al., 2008).

Acculturation & BMI: A meta-analysis study found that higher acculturation rate resulted in higher BMI or increased weight (Delavari et al., 2013).

Gender, Education & BMI: Cheong et al. (2010) found that gender and education were significantly associated with BMI.

Results
Hypothesis (1): Acculturation has a significant, positive correlation with Body Mass Index (BMI).

Hypothesis (2): There is a significant difference between BMI levels and race/ethnicity.

Hypothesis (3): Income and gender have a significant impact on BMI levels.

Hypothesis (4): There is a statistical difference between the WHO standard cutoffs and the suggested standard cutoffs for overweight and obesity on individuals of Asian descent.

Conclusion
• Hypothesis (1): Found no statistical significance on acculturation and BMI levels. However, there is a trend in the data that show negative correlation between the two variables.
• Hypothesis (2): No statistical significance was found. Mean for Hispanic/Latinx Americans were slightly higher compared to other groups. Asian Americans have the lowest mean.
• Hypothesis (3): There is a significant negative correlation found between BMI and income. Lower income were at higher risk for higher BMI levels. There is statistical significance found between gender and BMI levels.
• Hypothesis (4): Statistical difference was found between the BMI standard cutoffs and the suggested BMI cutoffs for individuals of Asian descent.

Suggestions for Future Studies
• Further explore the utilization of different BMI standard cutoffs for various racial groups.
• Future research should focus on the education in search of correlation between BMI.
• Due to the target sample mostly sourced by the University of Bridgeport, participants in the study had a disproportionate number of females, had an average household income above the poverty line, and African Americans. A goal for future research will be to diversify the sampling pool.

References