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Association between Obesity and Depression in Mexico

Gerardo A. Zavala*², Spyros Kolovos², Alessandro Chiarotto², Judith E. Bosmans², Maiza Campos-Ponce², Jorge L. Rosado¹, Olga P. Garcia¹

¹ School of Natural Sciences, Autonomous University of Queretaro, México; ² Faculty of Earth and Life Sciences VU Amsterdam University Amsterdam, Netherlands.

Background

In Mexico, obesity and depression are among the leading causes of disability, but their association has not been explored yet. To investigate the association between obesity and depression in Mexican population

Methods

We used data from the health and nutrition survey (ENSANUT 2012), which is representative of the Mexican population. Depressive symptoms were reported using the Center for Epidemiological Studies Depression Scale Short-Form (CES-D-SF, scale 0-21). Obesity was determined using the body mass index (BMI), and abdominal obesity by measuring waist circumference. Regression analyses were performed using obesity measures as independent variables and depression as dependent variables, while adjusting for gender, age, living-with-a-partner, education, and diabetes history.

Results

Obese women had 1.28 (95% CI 1.07-1.53) higher odds of having depression in comparison with normal-weight women, whereas no association was found for men (OR= 0.94; 95% CI 0.74-1.19). A significant relationship between depressive symptoms score ($\beta = 0.05$, 95%CI 0.02-0.07) and BMI was present in women, but no association was found for men ($\beta = -0.02$, 95%CI -0.05 to 0.00). No associations were found between depression and abdominal obesity for both genders.

Discussion

Obesity was associated with depression in Mexican women, whereas no association was found between obesity and depression in men.