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# FACTORS AFFECTING BODY WEIGHT IN STUDENTS

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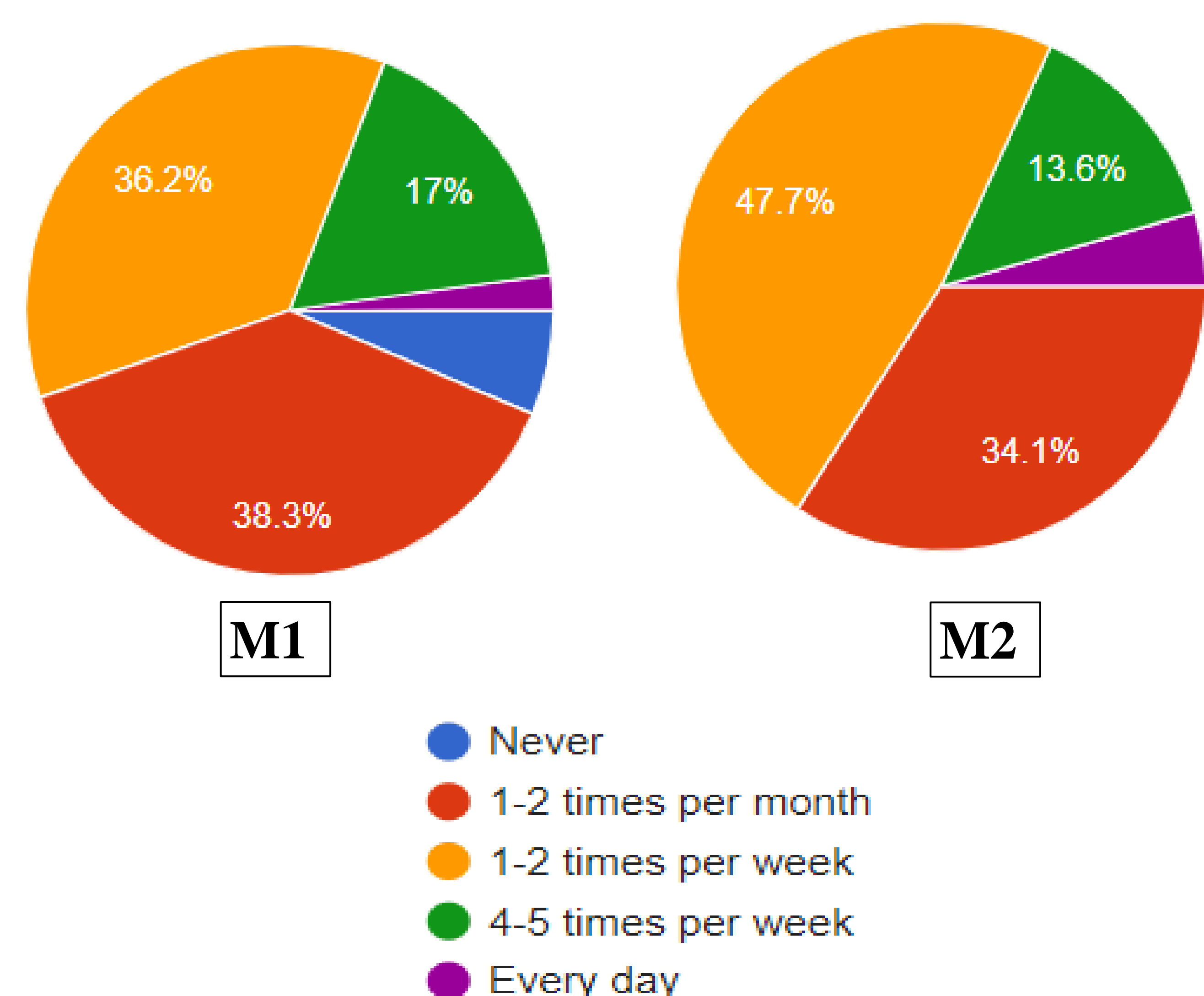
**Introduction:** body weight is dynamic and changeable due to range of factors. They include genetic predisposition to obesity or family history of other metabolic diseases, sleeping and eating habits, stressors and lifestyle. Each individual is affected in a different way according to these factors.

**Aim of the study:** to evaluate the role of different factors influencing body weight in students of medical faculty.

**Methods:** 44 students from all study years in the medical faculty (25 males), aged 20 to 31 were enrolled in the study. We used a structured questionnaire for analysis of demographic information, anthropometric data, medical and family history, dietary habits and its changes during the exam period. Tanita BC-1000 Body Composition Monitor was used for measurement of body weight, body mass index (BMI), metabolic age, visceral fat level (VFATL) and fat mass (FATM). Two measurements were performed: the first was in October 2019 (M1) and the second one was in February 2020 (M2).

**Results:** We found that body weight (kg), BMI and FATM (%) significantly increased (t-test for dependent samples) from M1 to M2 ( $70,89 \pm 2,59$  vs  $72,00 \pm 2,63$   $p < 0.01$ ;  $23,43 \pm 0,61$  vs  $23,76 \pm 0,62$ ,  $p < 0.01$  and  $15,11 \pm 0,95$  vs  $15,69 \pm 1,00$ ,  $p < 0.05$  respectively. BMI and VFATL demonstrated positive correlation with frequency of salty, fat food consumption ( $r = 0.420$ ,  $p < 0.02$ ,  $r = 0.462$ ,  $p < 0.02$  for M1 and  $r = 0.558$ ,  $p < 0.02$ ,  $r = 0.599$ ,  $p < 0.02$  for M2 respectively). VFATL and metabolic age demonstrated negative correlation with frequency of fruits consumption ( $r = -0.453$ ,  $p < 0.02$ ,  $r = -0.464$ ,  $p < 0.02$  for M1 and  $r = -0.497$ ,  $p < 0.02$ ,  $r = -0.449$ ,  $p < 0.02$  for M2 respectively). Frequency of sweets, sweetened drinks or vegetable consumption had no significant impact on the weight and body composition parameters.

## How often do you eat fat, salty and fried food?



**Conclusion:** Our study emphasize that examination period predispose to weight and fat mass gain. Higher salty, fat food and lower fruits consumption are important factors leading to weight and visceral fat gain in medical students.