

## THE RELATIONSHIP BETWEEN SOMATIC MORBIDITY AND SEVERE OBESITY: CASE-CONTROL STUDY

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This study investigated the relationship between somatic morbidity and obesity in severely obese retired individuals using the case-control method. The subject group consisted of 112 individuals receiving a permanent disability pension primarily due to obesity. Male and female controls were selected separately, with five controls for male subjects and three controls for female subjects. The controls were matched with the subjects according to place of residence, age, time that pension was granted, and occupation. The statistical analyses included  $\chi^2$  tests, means, t-tests for paired variables, a conditional logistic linear model, correlation coefficients and the percent distributions. All cases and controls, whom were 253, was interviewed by researcher. At the time of personal examination, the mean weight of the subjects ( $n=75$ ) was 106.2 kg (SD 18,0 kg) and the controls 72.3 kg (SD 14.3 kg). At the start of pensions, the mean weight of the subjects was 106.6 kg (SD 20.0 kg) and the corresponding weight for the control group was 70.2 kg (SD 14.7 kg). Of the female subjects 20.5% had been overweight during childhood, 4.5% had been overweight during adolescence and 72.7% had been overweight during adulthood. The similar numbers of male subjects were during childhood 42.1%, during the adolescence 5.3% and during the adulthood the number was 53.6%. Among the subjects, 91% (68) had been given a secondary somatic diagnosis by the Social Insurance Institution. Sixty percent of the subjects had a third somatic diagnosis. Of the subjects, diagnostic codes diseases of the musculoskeletal system and connective tissue were the most common as a second diagnosis, accounting for 38%. The large prevalence of musculoskeletal disorders (totaling 63%) among those pensioned primarily because of obesity is noteworthy. Diabetes turned out to be an additional risk in contributing people to retire prematurely. The opinion of researchers is, that all individuals who have severe obesity should be examined by the doctor, who have psychiatric education.

## BIOGRAPHY

Marja Koski has completed her PhD from University of Helsinki, Finland. She is Psychiatrist in city of Helsinki Health department and Central Hospital in University of Helsinki. She has wide experience in General Psychiatry and Child Psychiatry, and also she is a member of Zonta International, Finnish Federation of Graduate Women.

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