

Déterminants psycho-sociaux du poids corporel dans la population québécoise

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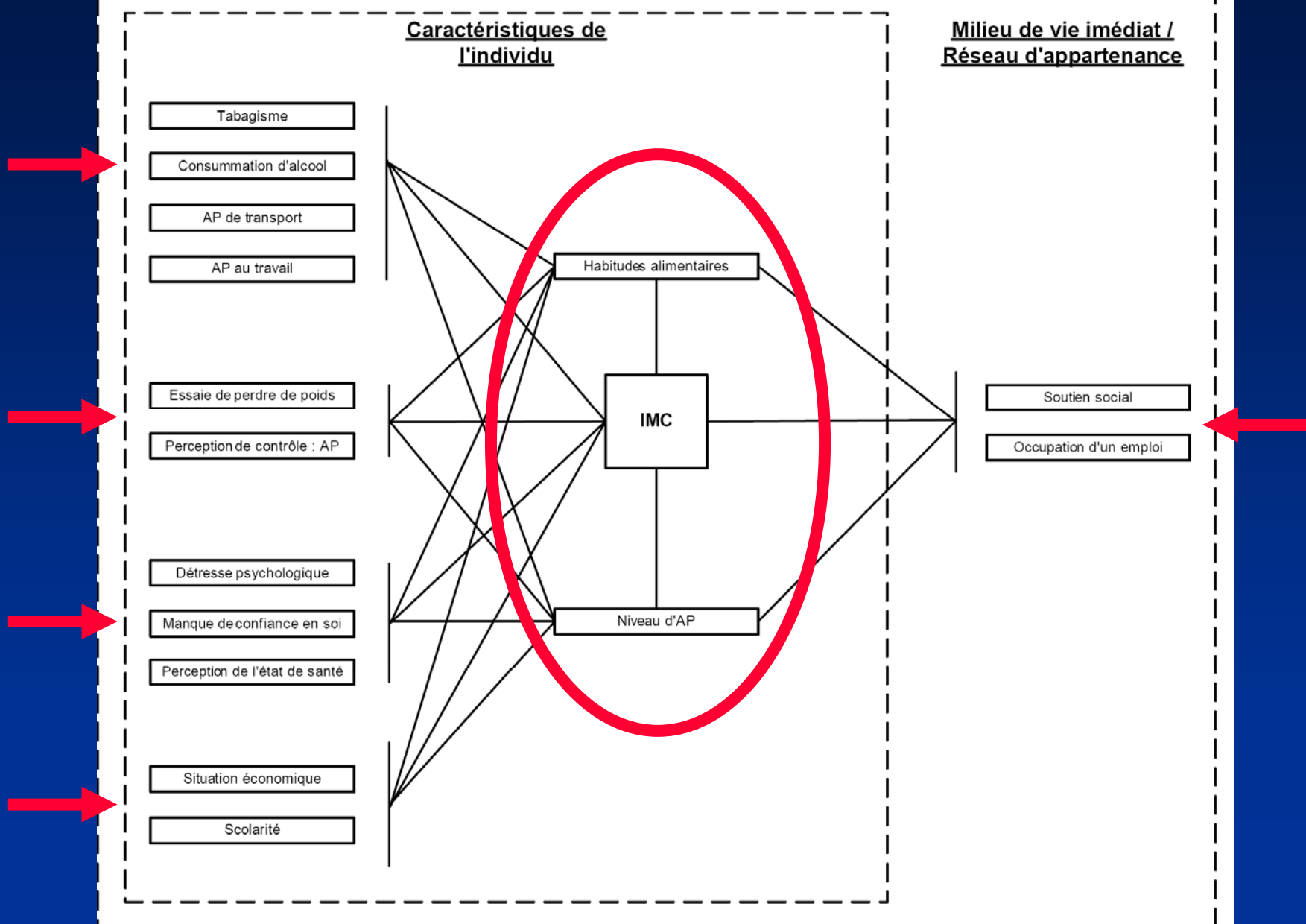
sous la direction de

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Modèle systémique adapté



Données

- Enquête sociale et de santé 1998
 - (CADRISQ)

Tableau 13.2

Nombre de répondants au QRI et au QAA selon l'âge et le sexe, *Enquête sociale et de santé 1998*

Groupe d'âge et sexe	Nombre de répondants	
	QRI	QAA
0-14 ans Homme	3 175	-
0-14 ans Femme	3 084	-
15-24 ans Homme	2 177	1 694
15-24 ans Femme	2 191	1 893
25-44 ans Homme	4 603	3 882
25-44 ans Femme	4 839	4 395
45-64 ans Homme	3 628	3 066
45-64 ans Femme	3 675	3 295
65 ans et plus Homme	1 311	1 097
65 ans et plus Femme	1 703	1 451
Total	30 386	20 773

Déterminants psycho-sociaux du poids corporel dans la population québécoise

- Analyses

- Inférences populationnelles

- Régression logistique

- Sous échantillon: individus qui ont répondu à toutes les questions

- Homme: 25 à 44 ans N=1214

- Femme: 25 à 44 ans N=1830

- Homme: 45 à 64 ans N=915

- Femme: 45 à 64 ans N=1120

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits									
Eating habits compared with other people	25 to 44	Poor or Fair	1.00	----	----		1.00	----	----
		Good	1.19	(0.72 - 1.98)	0.490	X 0.96	(0.67 - 1.38)	0.824	
	45 to 64	Fair or Poor	1.00	----	----		1.00	----	----
		Good	0.33	(0.14 - 0.80)	0.015	↓ 0.38	(0.22 - 0.64)	<0.001	
		Very good or Excellent	0.54	(0.31 - 0.92)	0.024	↓ 0.31	(0.17 - 0.55)	<0.001	
Smoking cigarette	25 to 44	No	1.00	----	----		1.00	----	----
		Yes	0.49	(0.33 - 0.72)	<0.001		0.81	(0.61 - 1.09)	0.143
	45 to 64	No	1.00	----	----		1.00	----	----
		Yes	0.43	(0.24 - 0.76)	0.004		0.83	(0.60 - 1.29)	0.514
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.43	(0.90 - 2.27)	0.135		0.52	(0.40 - 0.67)	<0.001
		4 times a week or more	1.16	(0.61 - 2.21)	0.650		0.66	(0.39 - 1.10)	0.108
	45 to 64	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.30	(0.57 - 2.95)	0.838		0.73	(0.54 - 1.11)	0.168
		4 times a week or more	0.78	(0.33 - 1.86)	0.578		0.43	(0.28 - 0.80)	0.005

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits									
Eating habits compared with other people	25 to 44	Poor or Fair	1.00	----	----		1.00	----	----
		Good	1.19	(0.72 - 1.98)	0.490	X	0.96	(0.67 - 1.38)	0.824
		Very good or Excellent	0.54	(0.31 - 0.92)	0.024		0.70	(0.46 - 1.05)	0.087
	45 to 64	Fair or Poor	1.00	----	----		1.00	----	----
		Good	0.33	(0.14 - 0.80)	0.015		0.38	(0.22 - 0.64)	<0.001
		Very good or Excellent	0.33	(0.13 - 0.87)	0.025		0.31	(0.17 - 0.55)	<0.001
Smoking cigarette	25 to 44	No	1.00	----	----		1.00	----	----
		Yes	0.49	(0.33 - 0.72)	<0.001	X	0.81	(0.61 - 1.09)	0.143
	45 to 64	No	1.00	----	----		1.00	----	----
		Yes	0.43	(0.24 - 0.76)	0.004	X	0.88	(0.60 - 1.29)	0.514
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.43	(0.80 - 2.27)	0.135		0.52	(0.40 - 0.67)	<0.001
		4 times a week or more	1.16	(0.81 - 2.21)	0.650		0.68	(0.39 - 1.10)	0.108
	45 to 64	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.30	(0.87 - 2.98)	0.230		0.78	(0.64 - 1.11)	0.180
		4 times a week or more	0.78	(0.33 - 1.88)	0.578		0.48	(0.28 - 0.80)	0.005









Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits									
Eating habits compared with other people	25 to 44	Poor or Fair	1.00	----	----		1.00	----	----
		Good	1.19	(0.72 - 1.98)	0.490	X	0.96	(0.67 - 1.38)	0.824
		Very good or Excellent	0.54	(0.31 - 0.92)	0.024		0.70	(0.46 - 1.05)	0.087
	45 to 64	Fair or Poor	1.00	----	----		1.00	----	----
		Good	0.33	(0.14 - 0.80)	0.015		0.38	(0.22 - 0.64)	<0.001
		Very good or Excellent	0.33	(0.13 - 0.87)	0.025		0.31	(0.17 - 0.55)	<0.001
Smoking cigarette	25 to 44	No	1.00	----	----		1.00	----	----
		Yes	0.49	(0.33 - 0.72)	<0.001	X	0.81	(0.61 - 1.09)	0.143
	45 to 64	No	1.00	----	----		1.00	----	----
		Yes	0.43	(0.24 - 0.76)	0.004	X	0.88	(0.60 - 1.29)	0.514
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.43	(0.90 - 2.27)	0.135		0.52	(0.40 - 0.67)	<0.001
		4 times a week or more	1.16	(0.61 - 2.21)	0.650		0.66	(0.39 - 1.10)	0.108
	45 to 64	Twice or less a month	1.00	----	----		1.00	----	----
		Between 1 to 3 times a week	1.30	(0.57 - 2.98)	0.838		0.78	(0.54 - 1.11)	0.168
		4 times a week or more	0.78	(0.33 - 1.86)	0.578		0.48	(0.28 - 0.80)	0.005
























Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>	
Consumption and PA habits									
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months		less than once a week	1.00	----	----		1.00	----	----
		1 or 2 times a week	X 1.06	(0.64 - 1.75)	0.828	X 0.76	(0.55 - 1.05)	0.098	
		3 times or more a week	0.66	(0.38 - 1.14)	0.139	0.78	(0.53 - 1.55)	0.196	
		less than once a week	1.00	----	----		1.00	----	----
		1 or 2 times a week	X 1.32	(0.66 - 2.64)	0.437	↓ 1.45	(0.96 - 2.21)	0.079	
		3 times or more a week	0.96	(0.50 - 1.84)	0.901	0.64	(0.41 - 1.00)	0.048	
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	1.00	----	----	1.00	----	----	
		1	0.74	(0.48 - 1.14)	0.166	0.83	(0.63 - 1.10)	0.200	
		2	0.49	(0.25 - 0.96)	0.038	0.79	(0.41 - 1.53)	0.513	
	45 to 64	0	1.00	----	----	1.00	----	----	
		1	0.48	(0.27 - 0.87)	0.016	0.73	(0.51 - 1.04)	0.075	
		2	0.43	(0.08 - 2.40)	0.339	2.50	(0.92 - 6.76)	0.071	
Usual physical activity related to work or main activity	25 to 44	Usually sitting	1.00	----	----	1.00	----	----	
		Stand or walk quite a lot	0.82	(0.48 - 1.40)	0.469	1.00	(0.72 - 1.38)	0.980	
		Carry loads or climb stairs	0.90	(0.59 - 1.66)	0.973	1.04	(0.67 - 1.61)	0.855	
	45 to 64	Usually sitting	1.00	----	----	1.00	----	----	
		Stand or walk quite a lot	0.97	(0.43 - 2.19)	0.935	0.92	(0.58 - 1.45)	0.705	
		Carry loads or climb stairs	0.48	(0.23 - 1.02)	0.056	1.25	(0.73 - 2.13)	0.414	

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits									
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months		less than once a week	1.00	----	----		1.00	----	----
		1 or 2 times a week	 1.06	(0.64 - 1.75)	0.828	 0.76	(0.55 - 1.05)	0.098	
		3 times or more a week	0.66	(0.38 - 1.14)	0.139	0.78	(0.53 - 1.55)	0.196	
		less than once a week	1.00	----	----	 1.00	----	----	
		1 or 2 times a week	 1.32	(0.66 - 2.64)	0.437	1.45	(0.96 - 2.21)	0.079	
		3 times or more a week	0.96	(0.50 - 1.84)	0.901	0.64	(0.41 - 1.00)	0.048	
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	1.00	----	----	 1.00	----	----	
		1	 0.74	(0.48 - 1.14)	0.166	0.83	(0.63 - 1.10)	0.200	
		2	0.49	(0.25 - 0.96)	0.038	0.79	(0.41 - 1.53)	0.513	
	45 to 64	0	1.00	----	----	 1.00	----	----	
		1	 0.48	(0.27 - 0.87)	0.016	0.73	(0.51 - 1.04)	0.079	
		2	0.43	(0.08 - 2.40)	0.339	2.50	(0.92 - 6.76)	0.071	
Usual physical activity related to work or main activity	25 to 44	Usually sitting	1.00	----	----	1.00	----	----	
		Stand or walk quite a lot	0.62	(0.48 - 1.40)	0.469	1.00	(0.72 - 1.38)	0.100	
		Carry loads or climb stairs	0.93	(0.58 - 1.66)	0.972	1.04	(0.67 - 1.61)	0.203	
	45 to 64	Usually sitting	1.00	----	----	1.00	----	----	
		Stand or walk quite a lot	0.97	(0.43 - 2.15)	0.935	0.92	(0.50 - 1.45)	0.705	
		Carry loads or climb stairs	0.48	(0.23 - 1.02)	0.060	1.25	(0.70 - 2.13)	0.314	









Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>	
Consumption and PA habits									
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months		less than once a week	1.00	----	----		1.00	----	----
		1 or 2 times a week	 1.06	(0.64 - 1.75)	0.828	 0.76	(0.55 - 1.05)	0.098	
		3 times or more a week	0.66	(0.38 - 1.14)	0.139	 0.78	(0.53 - 1.55)	0.196	
		less than once a week	1.00	----	----	 1.00	----	----	
		1 or 2 times a week	 1.32	(0.66 - 2.64)	0.437	 1.45	(0.96 - 2.21)	0.079	
		3 times or more a week	0.96	(0.50 - 1.84)	0.901	 0.64	(0.41 - 1.00)	0.048	
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	1.00	----	----	 1.00	----	----	
		1	 0.74	(0.48 - 1.14)	0.166	 0.83	(0.63 - 1.10)	0.200	
		2	0.49	(0.25 - 0.96)	0.038	 0.79	(0.41 - 1.53)	0.513	
	45 to 64	0	1.00	----	----	 1.00	----	----	
		1	 0.48	(0.27 - 0.87)	0.016	 0.73	(0.51 - 1.04)	0.078	
		2	0.43	(0.08 - 2.40)	0.339	 2.50	(0.92 - 6.76)	0.071	
Usual physical activity related to work or main activity	25 to 44	Usually sitting	1.00	----	----	 1.00	----	----	
		Stand or walk quite a lot	 0.82	(0.48 - 1.40)	0.469	 1.00	(0.72 - 1.38)	0.980	
		Carry loads or climb stairs	0.99	(0.59 - 1.66)	0.973	 1.04	(0.67 - 1.61)	0.855	
	45 to 64	Usually sitting	1.00	----	----	 1.00	----	----	
		Stand or walk quite a lot	 0.97	(0.43 - 2.19)	0.935	 0.92	(0.58 - 1.45)	0.705	
		Carry loads or climb stairs	0.48	(0.23 - 1.02)	0.056	 1.25	(0.73 - 2.13)	0.414	

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women		
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>
Attitude toward body weight and PA								
Currently trying to loose weight	25 to 44	No	1.00	---	---	1.00	---	---
		Yes	4.65	(2.98 - 7.26)	<0.001	1.36	(1.06 - 1.75)	0.014
	45 to 64	No	1.00	---	---	1.00	---	---
		Yes	4.22	(2.31 - 7.73)	<0.001	1.97	(1.38 - 2.81)	<0.001
Easiness to engage regular PA for 20 or 30 minutes at a time during leisure time in the coming year	25 to 44	Very / somewhat difficult	1.00	---	---	1.00	---	---
		Neither easy nor hard	1.63	(0.82 - 3.25)	0.166	0.82	(0.56 - 1.21)	0.315
		Somewhat / very easy	1.04	(0.56 - 1.93)	0.900	0.91	(0.61 - 1.36)	0.646
	45 to 64	Very / somewhat difficult	1.00	---	---	1.00	---	---
		Neither easy nor hard	0.45	(0.16 - 1.25)	0.126	1.10	(0.65 - 1.87)	0.714
		Somewhat / very easy	0.55	(0.21 - 1.44)	0.221	0.85	(0.51 - 1.41)	0.521

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Attitude toward body weight and PA									
Currently trying to loose weight	25 to 44	No	 1.00	---	---	 1.00	---	---	
		Yes	4.65	(2.98 - 7.26)	<0.001		1.36	(1.06 - 1.75)	0.014
	45 to 64	No	 1.00	---	---	 1.00	---	---	
		Yes	4.22	(2.31 - 7.73)	<0.001		1.97	(1.38 - 2.81)	<0.001
Easiness to engage regular PA for 20 or 30 minutes at a time during leisure time in the coming year	25 to 44	Very / somewhat difficult	 1.00	---	---	 1.00	---	---	
		Neither easy nor hard	1.63	(0.82 - 3.25)	0.166		0.82	(0.56 - 1.21)	0.315
		Somewhat / very easy	1.04	(0.56 - 1.93)	0.900		0.91	(0.61 - 1.36)	0.646
	45 to 64	Very / somewhat difficult	 1.00	---	---	 1.00	---	---	
		Neither easy nor hard	0.45	(0.16 - 1.25)	0.126		1.10	(0.65 - 1.87)	0.714
		Somewhat / very easy	0.55	(0.21 - 1.44)	0.221		0.85	(0.51 - 1.41)	0.521













Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women		
			Odd ratio	95% CI	p	Odd ratio	95% CI	p
Health and psychological								
Psychological distress index	25 to 44	Low and average High	X 1.00 0.58 (0.33 - 1.02)	---- 1.02	---- 0.060	X 1.00 0.76 (0.54 - 1.08)	---- 1.08	---- 0.125
	45 to 64	Low and average High	X 1.00 0.49 (0.23 - 1.03)	---- 1.03	---- 0.060	X 1.00 0.88 (0.57 - 1.38)	---- 1.38	---- 0.587
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always	1.00	----	----	1.00	----	----
		Half the time	1.87 (0.74 - 4.77)	4.77	0.187	0.92 (0.53 - 1.64)	1.64	0.799
		Never / Rarely	1.90 (0.85 - 4.24)	4.24	0.117	0.87 (0.54 - 1.42)	1.42	0.585
	45 to 64	Frequently / Almost always	1.00	----	----	1.00	----	----
		Half the time	1.62 (0.51 - 5.16)	5.16	0.414	0.87 (0.38 - 1.99)	1.99	0.741
		Never / Rarely	2.68 (0.93 - 7.72)	7.72	0.059	1.31 (0.65 - 2.64)	2.64	0.456
Health compare to other people of same age	25 to 44	Poor	1.00	----	----	1.00	----	----
		Fair	1.77 (0.39 - 8.02)	8.02	0.456	0.44 (0.07 - 2.75)	2.75	0.382
		Good	3.38 (0.78 - 14.62)	14.62	0.103	0.28 (0.05 - 1.76)	1.76	0.176
		Very Good	2.33 (0.53 - 10.17)	10.17	0.261	0.17 (0.03 - 1.07)	1.07	0.059
		Excellent	2.26 (0.49 - 10.34)	10.34	0.292	0.14 (0.02 - 0.91)	0.91	0.039
	45 to 64	Poor	1.00	----	----	1.00	----	----
		Fair	16.69 (1.75 - 159.14)	159.14	0.015	0.76 (0.20 - 2.92)	2.92	0.688
		Good	13.06 (1.79 - 95.20)	95.20	0.011	0.60 (0.17 - 2.11)	2.11	0.422
		Very Good	11.56 (1.52 - 88.06)	88.06	0.018	0.47 (0.13 - 1.72)	1.72	0.255
		Excellent	7.21 (0.86 - 58.79)	58.79	0.055	0.54 (0.15 - 2.00)	2.00	0.355

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women					
			Odd ratio	95% CI	p	Odd ratio	95% CI	p			
Health and psychological											
Psychological distress index	25 to 44	Low and average	X	1.00	----	----	X	1.00	----	----	0.125
		High		0.58 (0.33 - 1.02)	0.060	0.76 (0.54 - 1.08)					
	45 to 64	Low and average	X	1.00	----	----	X	1.00	----	----	0.587
		High		0.49 (0.23 - 1.03)	0.060	0.88 (0.57 - 1.38)					
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always	X	1.00	----	----	X	1.00	----	----	0.799
		Half the time		1.87 (0.74 - 4.77)	0.187	0.92 (0.53 - 1.64)		0.799			
		Never / Rarely	1.90 (0.85 - 4.24)	0.117	0.87 (0.54 - 1.42)	0.585					
	45 to 64	Frequently / Almost always	X	1.00	----	----	X	1.00	----	----	0.741
Half the time		1.62 (0.51 - 5.16)		0.414	0.87 (0.38 - 1.93)	0.741					
		Never / Rarely	2.68 (0.93 - 7.72)	0.069	1.31 (0.65 - 2.64)	0.456					
Health compared to other people of same age	25 to 44	Poor		1.00	----	----		1.00	----	----	
		Fair		1.77 (0.39 - 8.02)	0.486	0.44 (0.07 - 2.73)	0.362				
		Good		3.38 (0.78 - 14.62)	0.162	0.28 (0.06 - 1.73)	0.778				
		Very Good		2.33 (0.53 - 10.37)	0.263	0.17 (0.08 - 1.07)	0.098				
		Excellent		2.26 (0.49 - 10.34)	0.362	0.14 (0.02 - 0.91)	0.036				
	45 to 64	Poor		1.00	----	----		1.00	----	----	
		Fair		16.09 (1.76 - 159.34)	0.016	0.76 (0.20 - 2.82)	0.682				
		Good		12.05 (1.78 - 85.20)	0.011	0.60 (0.17 - 2.11)	0.422				
		Very Good		11.56 (1.82 - 88.05)	0.018	0.47 (0.13 - 1.72)	0.255				
		Excellent		7.21 (0.98 - 58.78)	0.055	0.54 (0.15 - 2.00)	0.353				

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women					
			Odd ratio	95% CI	p	Odd ratio	95% CI	p			
Health and psychological											
Psychological distress index	25 to 44	Low and average		1.00	----	----		1.00	----	----	0.125
		High		0.58 (0.33 - 1.02)	0.060	0.76 (0.54 - 1.08)					
	45 to 64	Low and average		1.00	----	----		1.00	----	----	0.587
		High		0.49 (0.23 - 1.03)	0.060	0.88 (0.57 - 1.38)					
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always		1.00	----	----		1.00	----	----	0.799
		Half the time		1.87 (0.74 - 4.77)	0.187	0.92 (0.53 - 1.64)					
	Never / Rarely	1.90 (0.85 - 4.24)		0.117	0.87 (0.54 - 1.42)	0.585					
	45 to 64	Frequently / Almost always		1.00	----	----		1.00	----	----	0.741
Half the time		1.62 (0.51 - 5.16)		0.414	0.87 (0.38 - 1.99)						
Never / Rarely	2.68 (0.93 - 7.72)	0.069		1.31 (0.65 - 2.64)	0.456						
Health compare to other people of same age	25 to 44	Poor		1.00	----	----		1.00	----	----	0.382
		Fair		1.77 (0.39 - 8.02)	0.456	0.44 (0.07 - 2.75)					
		Good		3.38 (0.78 - 14.62)	0.103	0.28 (0.05 - 1.76)		0.176			
		Very Good		2.33 (0.53 - 10.17)	0.261	0.17 (0.03 - 1.07)		0.059			
			Excellent	2.26 (0.49 - 10.34)	0.292	0.14 (0.02 - 0.91)	0.039				
	45 to 64	Poor		1.00	----	----		1.00	----	----	0.685
		Fair		16.69 (1.75 - 159.14)	0.015	0.76 (0.20 - 2.92)					
		Good		13.06 (1.79 - 95.20)	0.011	0.60 (0.17 - 2.11)		0.422			
Very Good		11.56 (1.52 - 88.06)		0.018	0.47 (0.13 - 1.72)	0.255					
		Excellent	7.21 (0.88 - 58.79)	0.065	0.54 (0.15 - 2.00)	0.355					

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>	
<i>Social network and environment</i>									
Social support index	25 to 44	Low	X 1.00	----	----	0.927	X 1.00	----	----
		High	0.98 (0.60 - 1.59)		1.35 (0.96 - 1.92)		0.087		
	45 to 64	Low	X 1.00	----	----	0.657	X 1.00	----	----
		High	1.16 (0.60 - 2.25)		1.40 (0.89 - 2.19)		0.143		
Work at a paid job at the present time	25 to 44	No	1.00	----	----	0.617	1.00	----	----
		Yes	1.17 (0.64 - 2.12)		0.78 (0.58 - 1.06)		0.114		
	45 to 64	No	1.00	----	----	0.242	1.00	----	----
		Yes	0.67 (0.34 - 1.31)		0.81 (0.58 - 1.14)		0.230		

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women									
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>							
<i>Social network and environment</i>															
Social support index	25 to 44	Low	X	1.00	----	----	X	1.00	----	----	0.927	X	1.35	(0.96 - 1.92)	0.087
		High		0.98	(0.60 - 1.59)				1.35	(0.96 - 1.92)					
	45 to 64	Low	X	1.00	----	----	X	1.00	----	----	0.657	X	1.40	(0.89 - 2.19)	0.143
		High		1.16	(0.60 - 2.25)				1.40	(0.89 - 2.19)					
Work at a paid job at the present time	25 to 44	No	X	1.00	----	----	X	1.00	----	----	0.617	X	0.78	(0.58 - 1.06)	0.114
		Yes		1.17	(0.64 - 2.12)				0.78	(0.58 - 1.06)					
	45 to 64	No	X	1.00	----	----	X	1.00	----	----	0.242	X	0.81	(0.58 - 1.14)	0.230
		Yes		0.67	(0.34 - 1.31)				0.81	(0.58 - 1.14)					

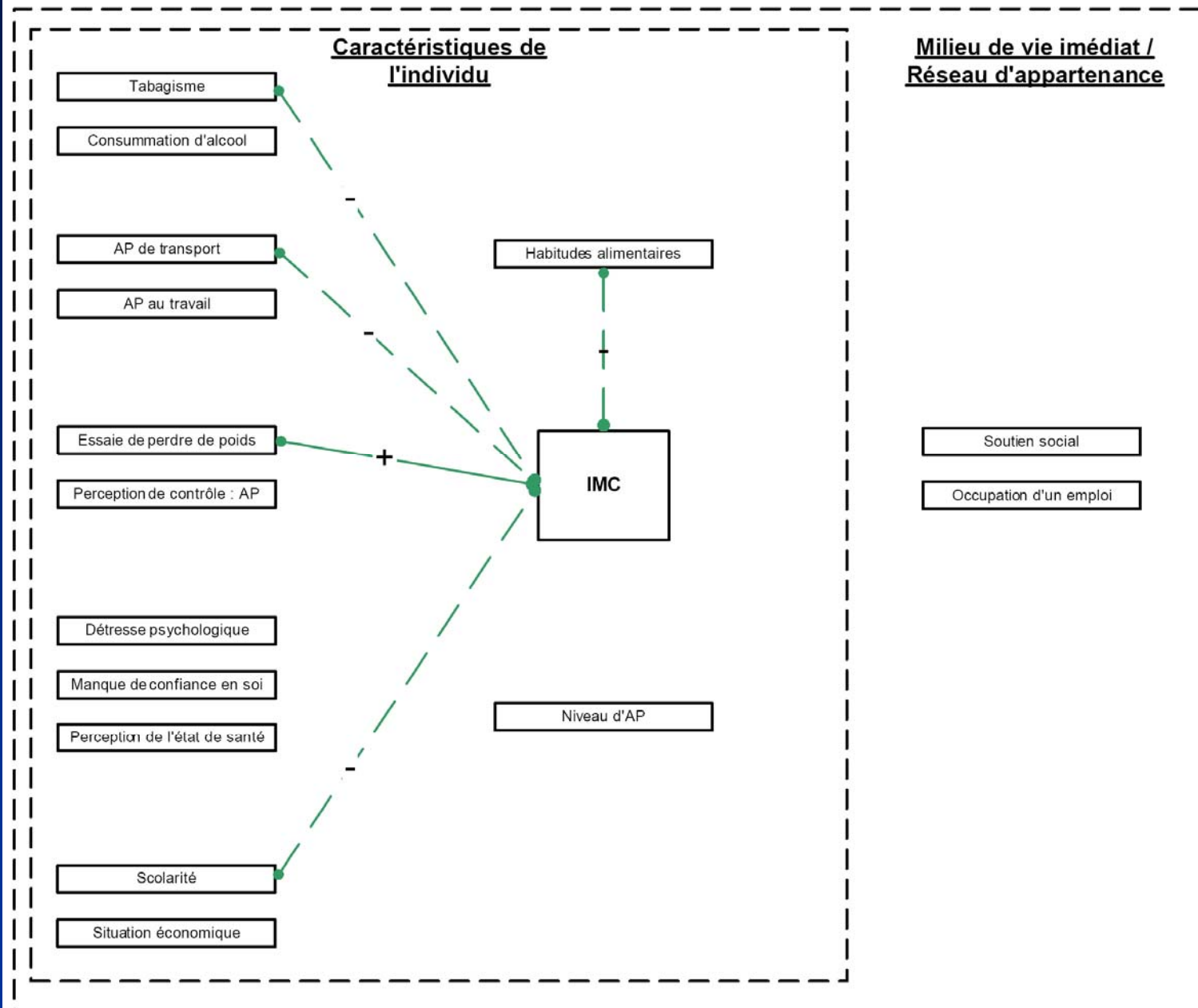
Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women			
			Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Socio demographic									
Highest level of education	25 to 44	High school	1.00	----	----		1.00	----	----
		Post high school degree	0.79	(0.51 - 1.22)	0.294	X	0.86	(0.64 - 1.16)	0.327
		University	0.58	(0.35 - 0.97)	0.036	X	0.86	(0.60 - 1.23)	0.402
	45 to 64	High school	1.00	----	----		1.00	----	----
		Post high school degree	0.75	(0.34 - 1.63)	0.464	X	0.87	(0.58 - 1.30)	0.499
		University	0.75	(0.38 - 1.47)	0.403	X	0.66	(0.42 - 1.03)	0.069
Perceived financial situation	25 to 44	Very poor	1.00	----	----		1.00	----	----
		Poor	0.67	(0.23 - 1.89)	0.444		0.50	(0.21 - 1.20)	0.122
		Sufficient to meet basic needs	0.69	(0.24 - 2.00)	0.494		0.67	(0.29 - 1.56)	0.349
		Comfortable financially	0.54	(0.17 - 1.66)	0.282		0.55	(0.22 - 1.37)	0.201
	45 to 64	Very poor	1.00	----	----		1.00	----	----
		Poor	1.44	(0.30 - 6.85)	0.650		1.10	(0.44 - 2.75)	0.838
		Sufficient to meet basic needs	0.84	(0.20 - 3.43)	0.605		1.78	(0.73 - 4.33)	0.203
		Comfortable financially	0.53	(0.11 - 2.62)	0.438		1.27	(0.49 - 3.30)	0.629

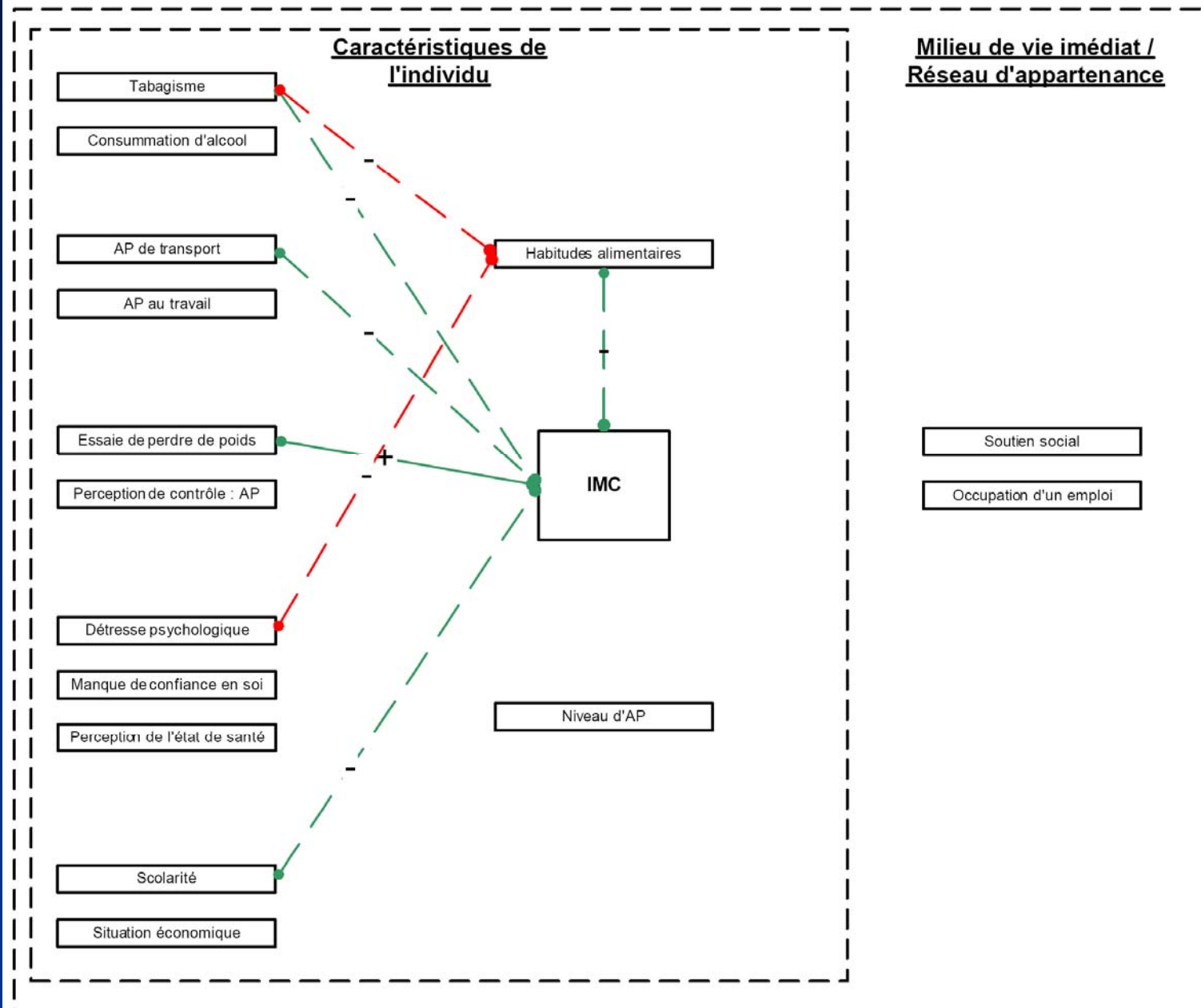
Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men			Women				
			Odd ratio	95% CI	p	Odd ratio	95% CI	p		
Socio demographic										
Highest level of education	25 to 44	High school	1.00	----	----		1.00	----	----	
		Post high school degree	0.79	(0.51 - 1.22)	0.294	X	0.86	(0.64 - 1.16)	0.327	
		University	0.58	(0.35 - 0.97)	0.036	X	0.86	(0.60 - 1.23)	0.402	
	45 to 64	High school	1.00	----	----		1.00	----	----	
		Post high school degree	X	0.75	(0.34 - 1.63)	0.464	X	0.87	(0.58 - 1.30)	0.499
		University	X	0.75	(0.38 - 1.47)	0.403	X	0.66	(0.42 - 1.03)	0.069
Perceived financial situation	25 to 44	Very poor	1.00	----	----		1.00	----	----	
		Poor	X	0.67	(0.23 - 1.89)	0.444	X	0.50	(0.21 - 1.20)	0.122
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		Comfortable financially	X	0.54	(0.17 - 1.66)	0.282	X	0.55	(0.22 - 1.37)	0.201
	45 to 64	Very poor	1.00	----	----		1.00	----	----	
		Poor	X	1.44	(0.30 - 6.85)	0.650	X	1.10	(0.44 - 2.75)	0.838
		Sufficient to meet basic needs	X	0.64	(0.20 - 3.43)	0.605	X	1.78	(0.73 - 4.33)	0.203
		Comfortable financially	X	0.53	(0.11 - 2.62)	0.438	X	1.27	(0.49 - 3.30)	0.629

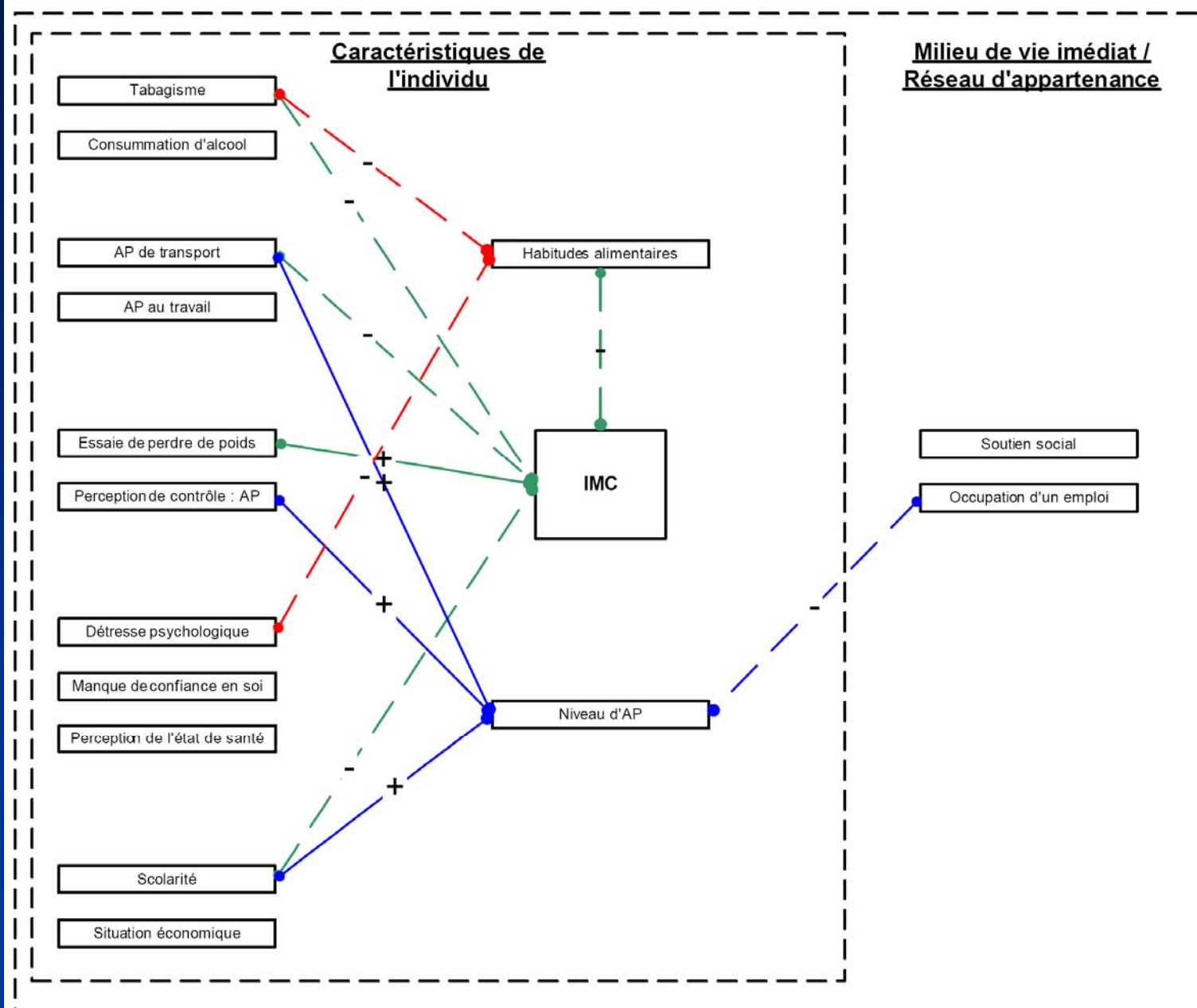
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



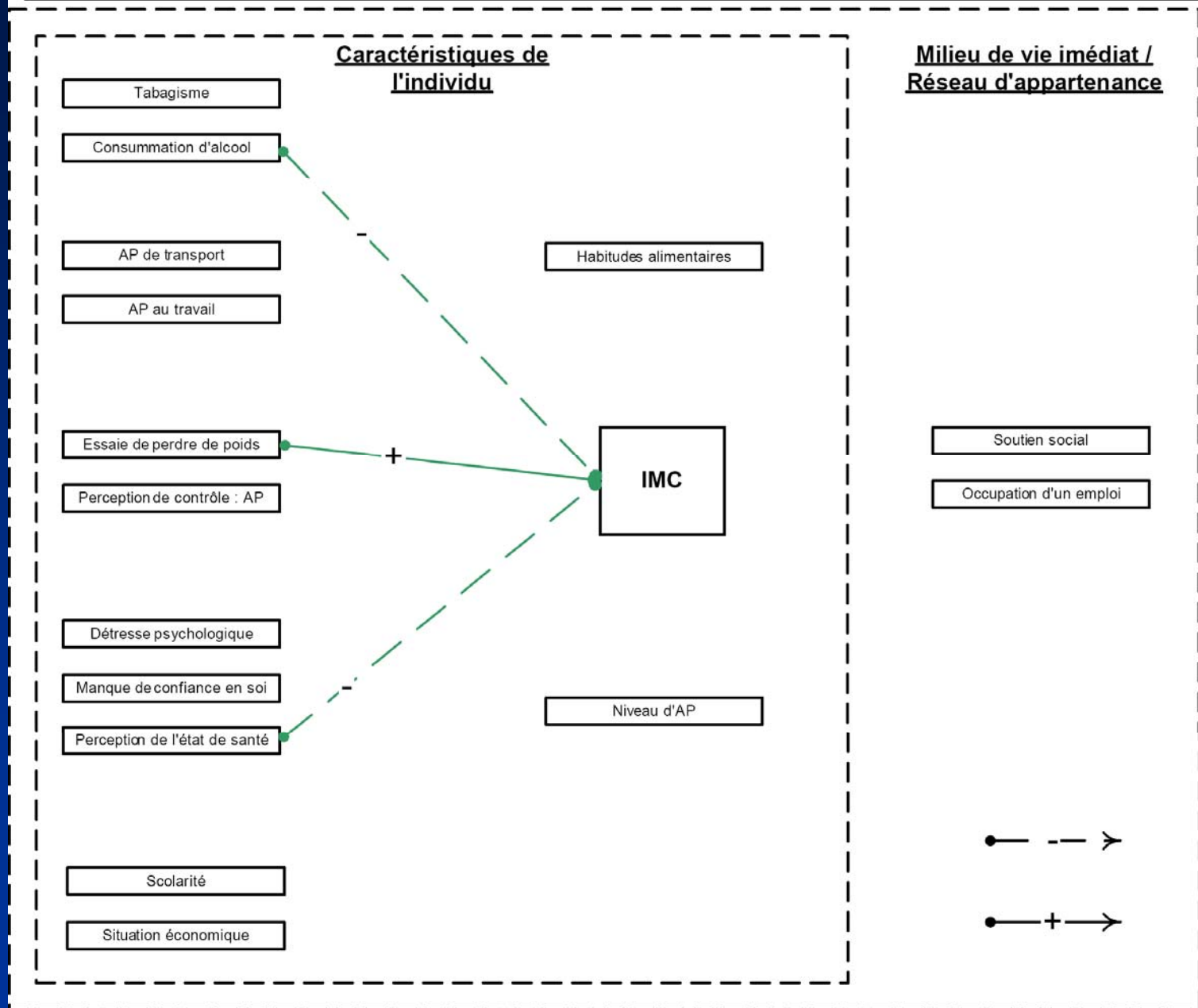
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



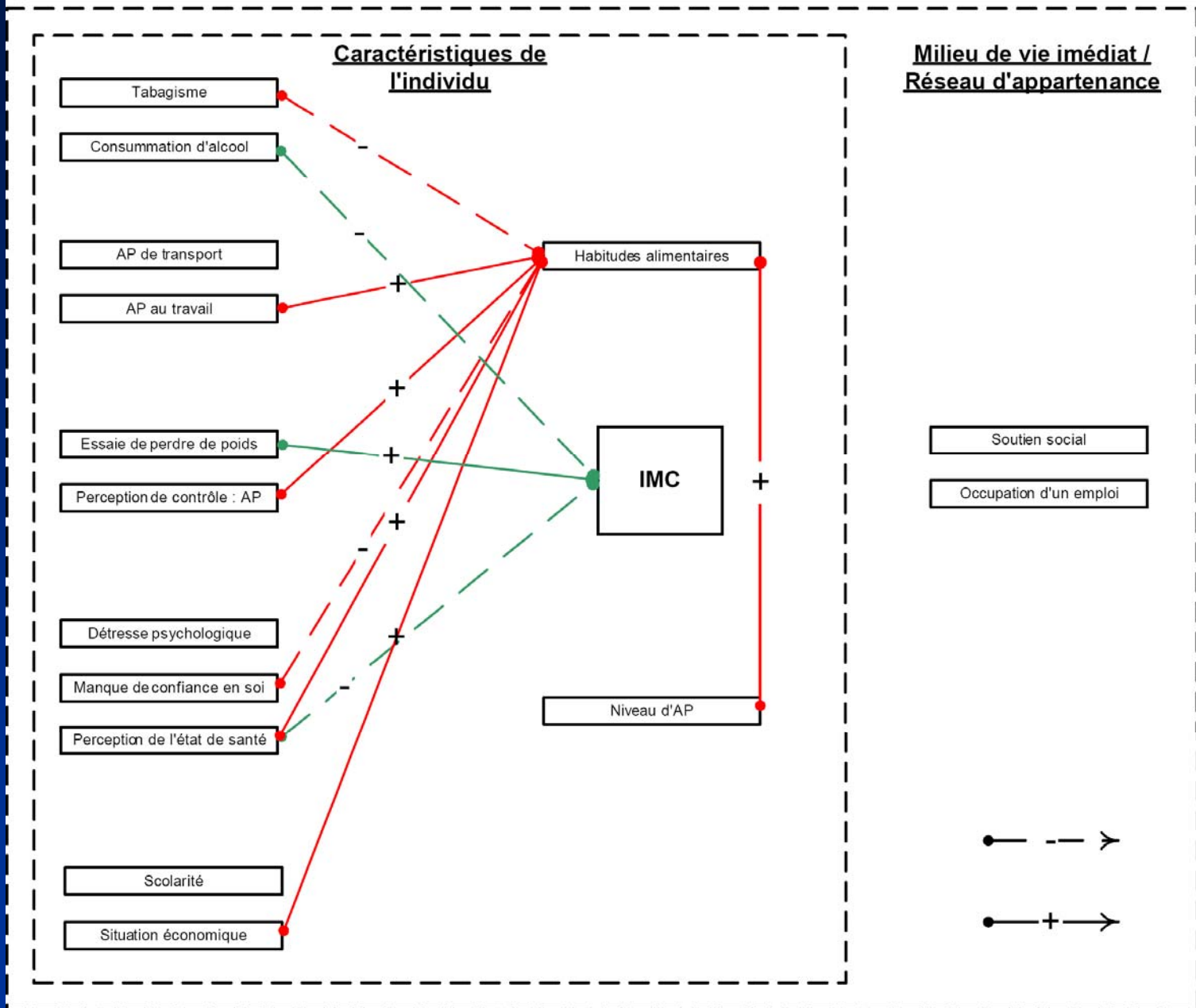
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



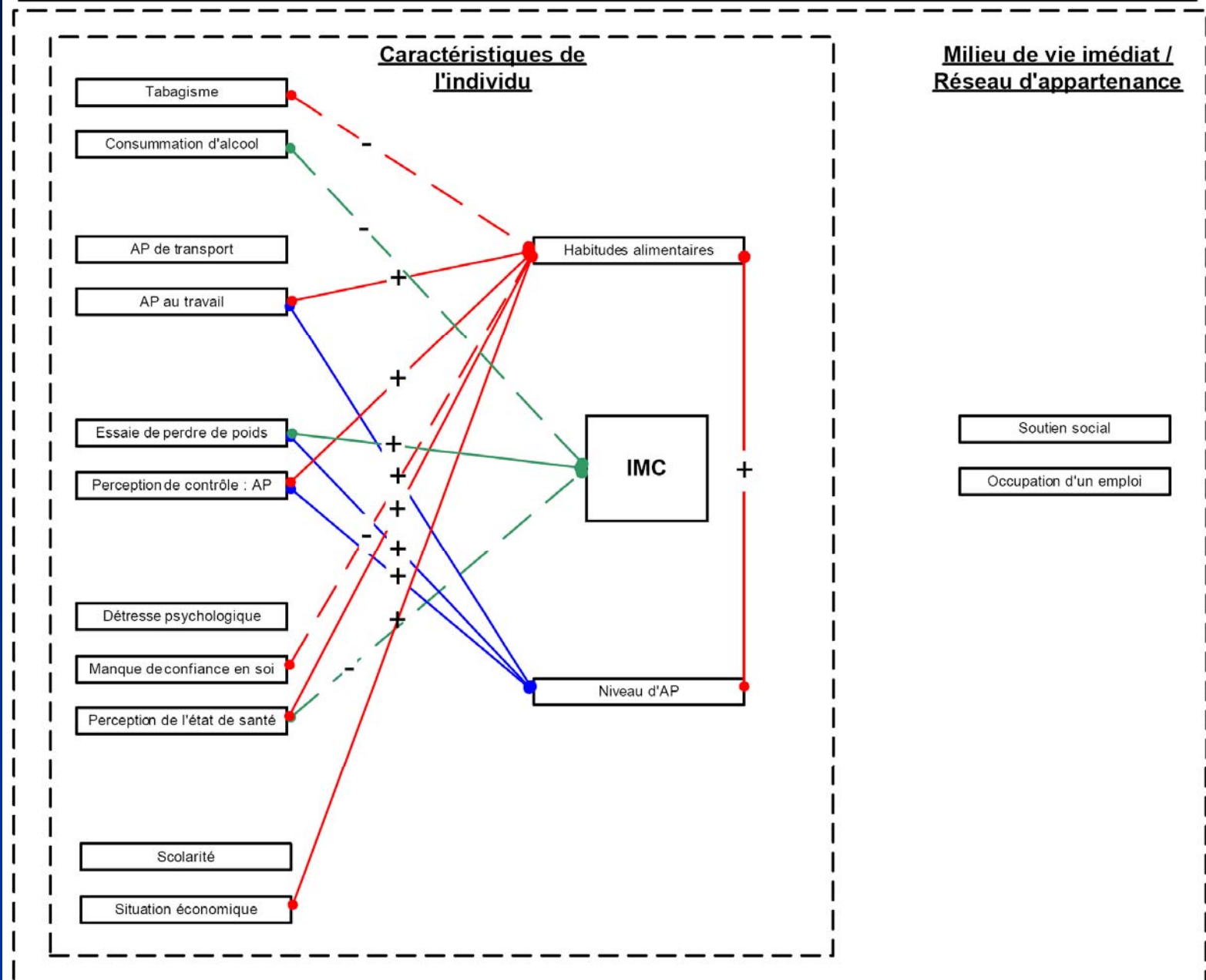
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



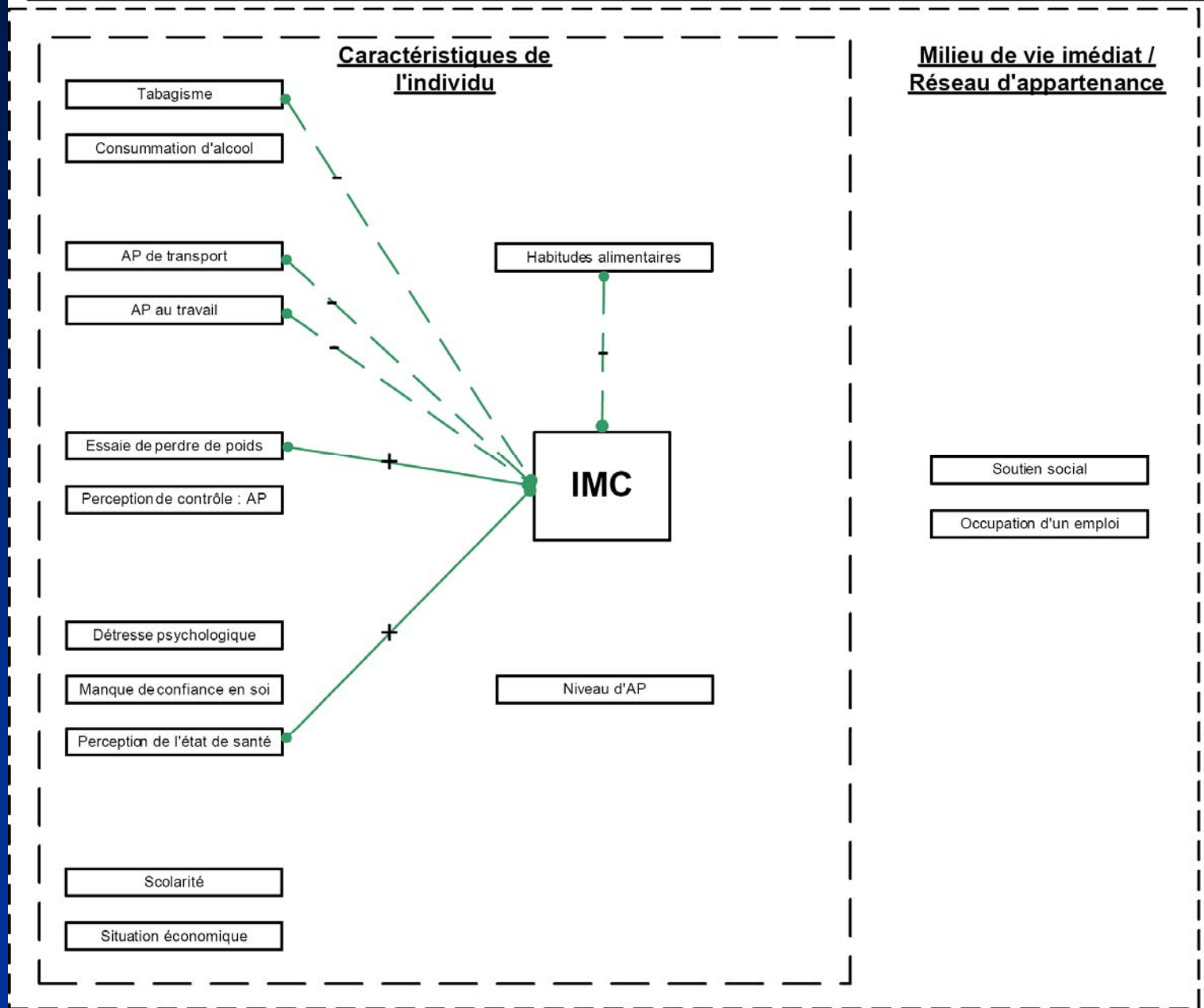
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



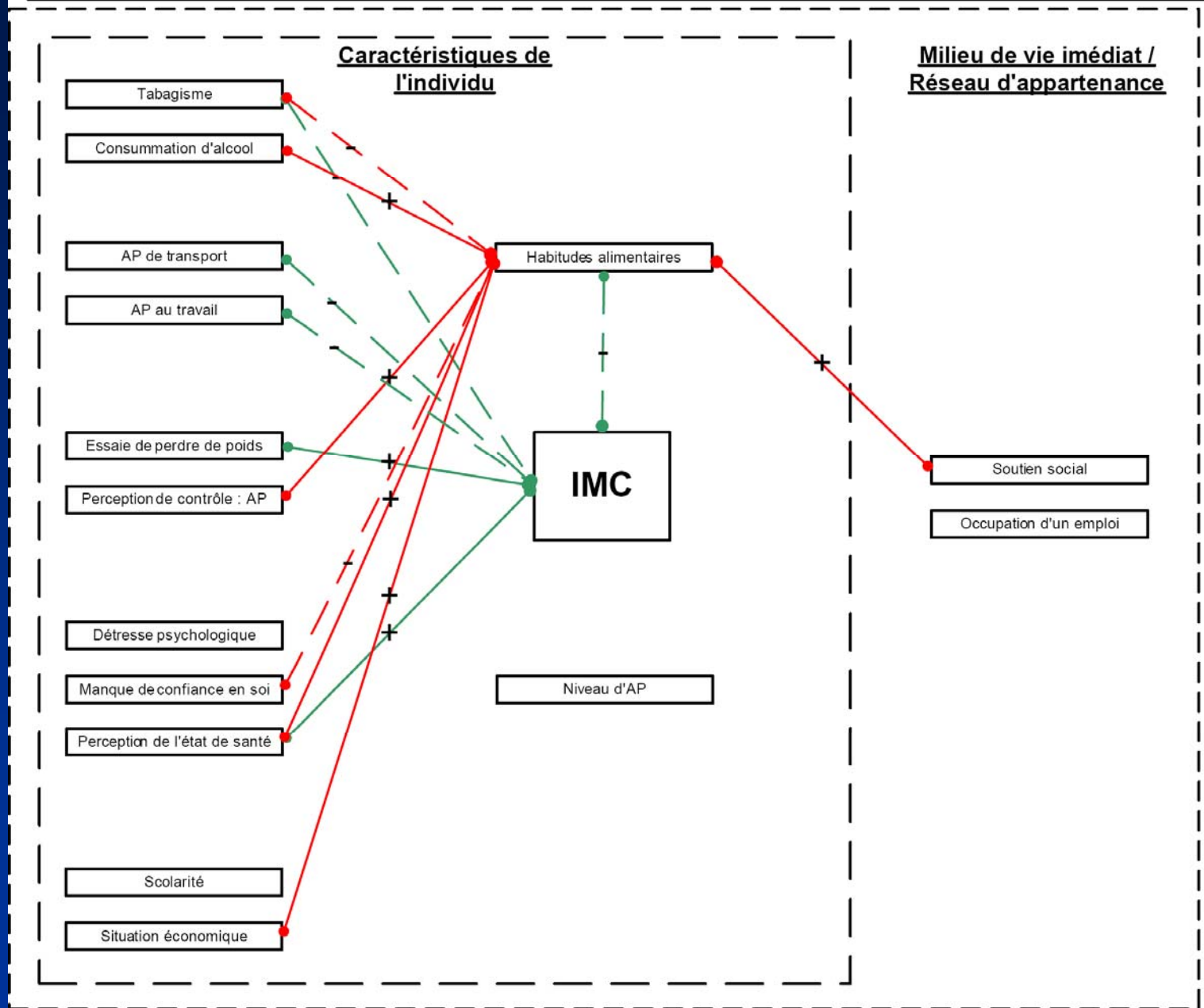
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



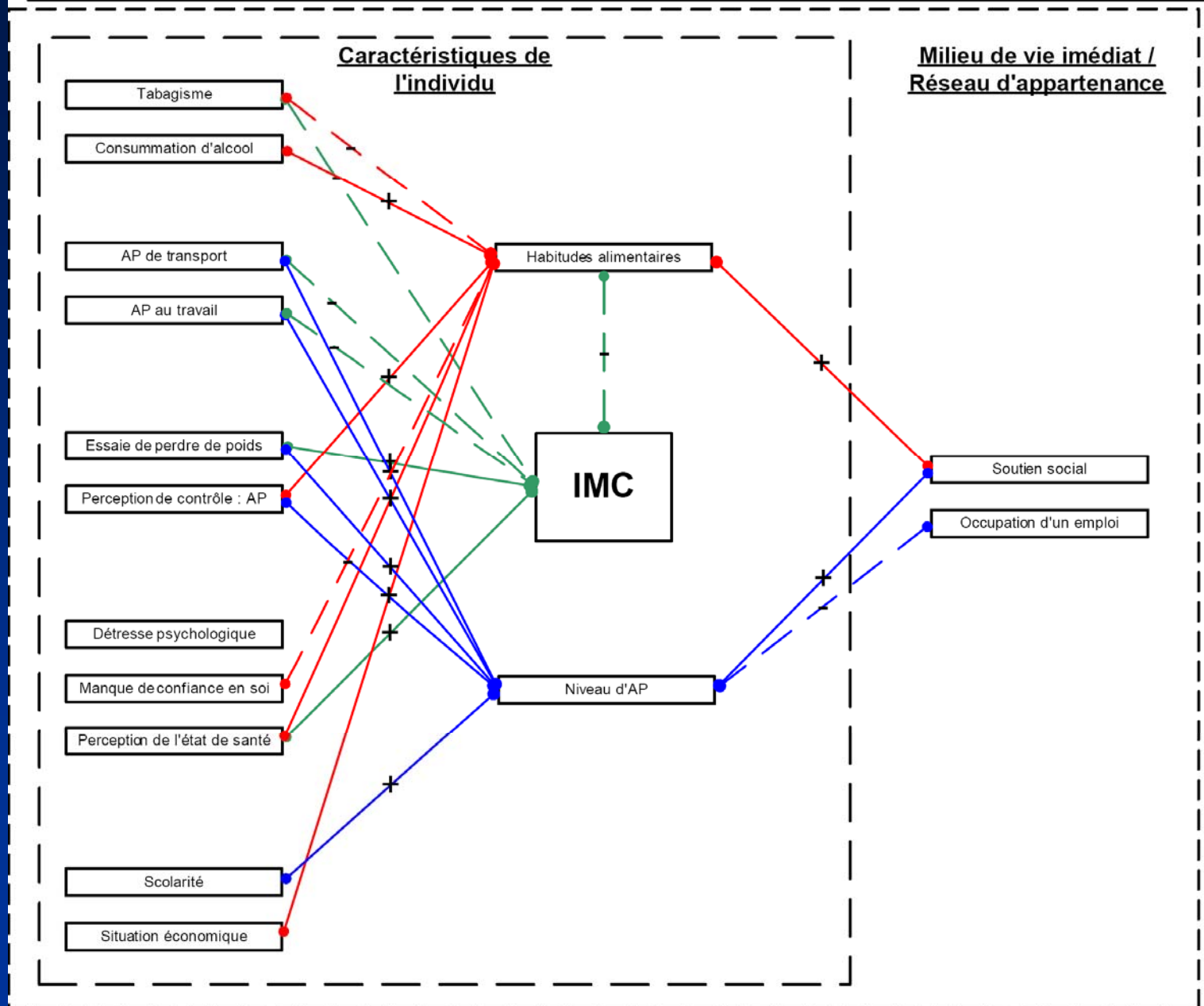
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



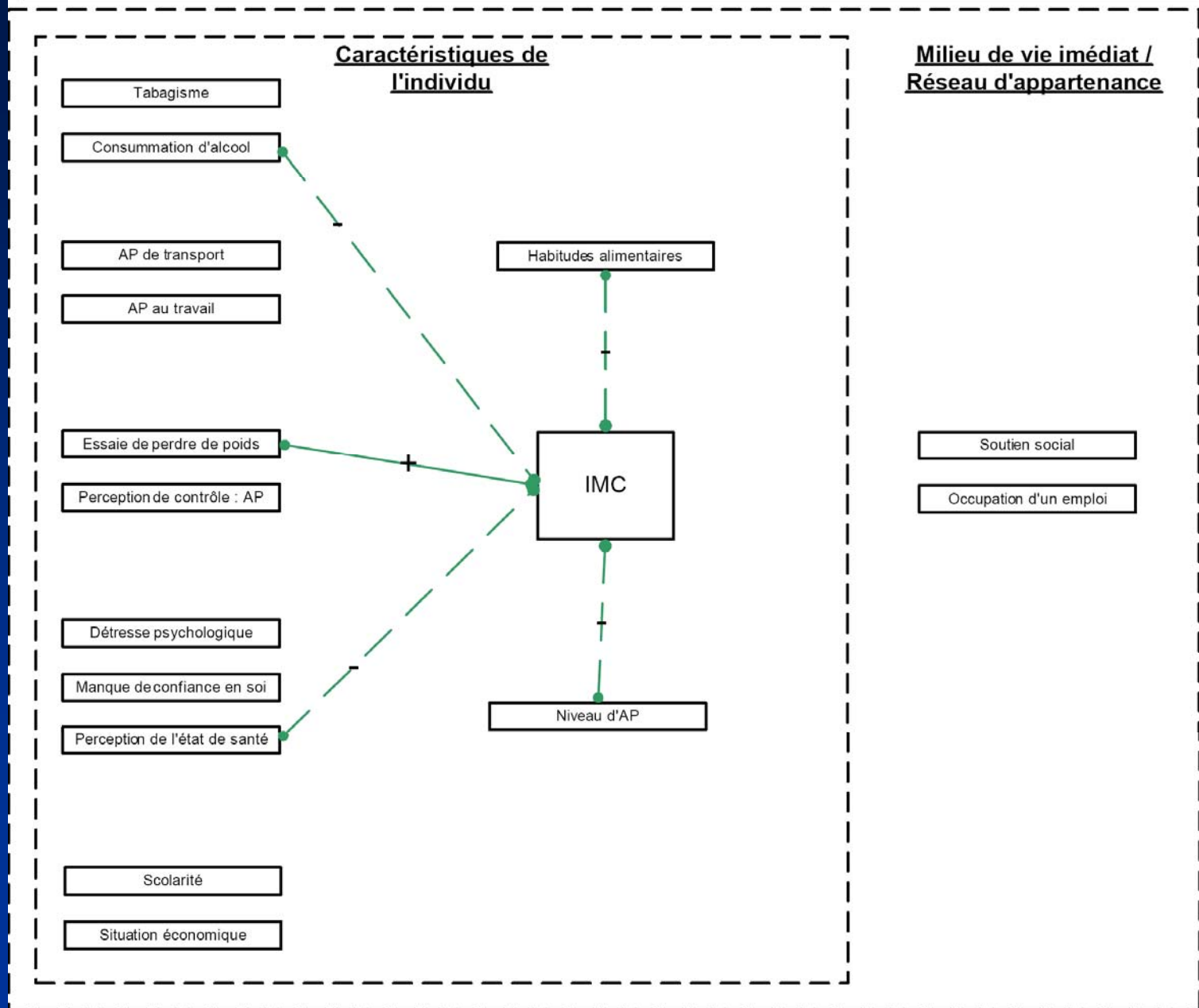
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



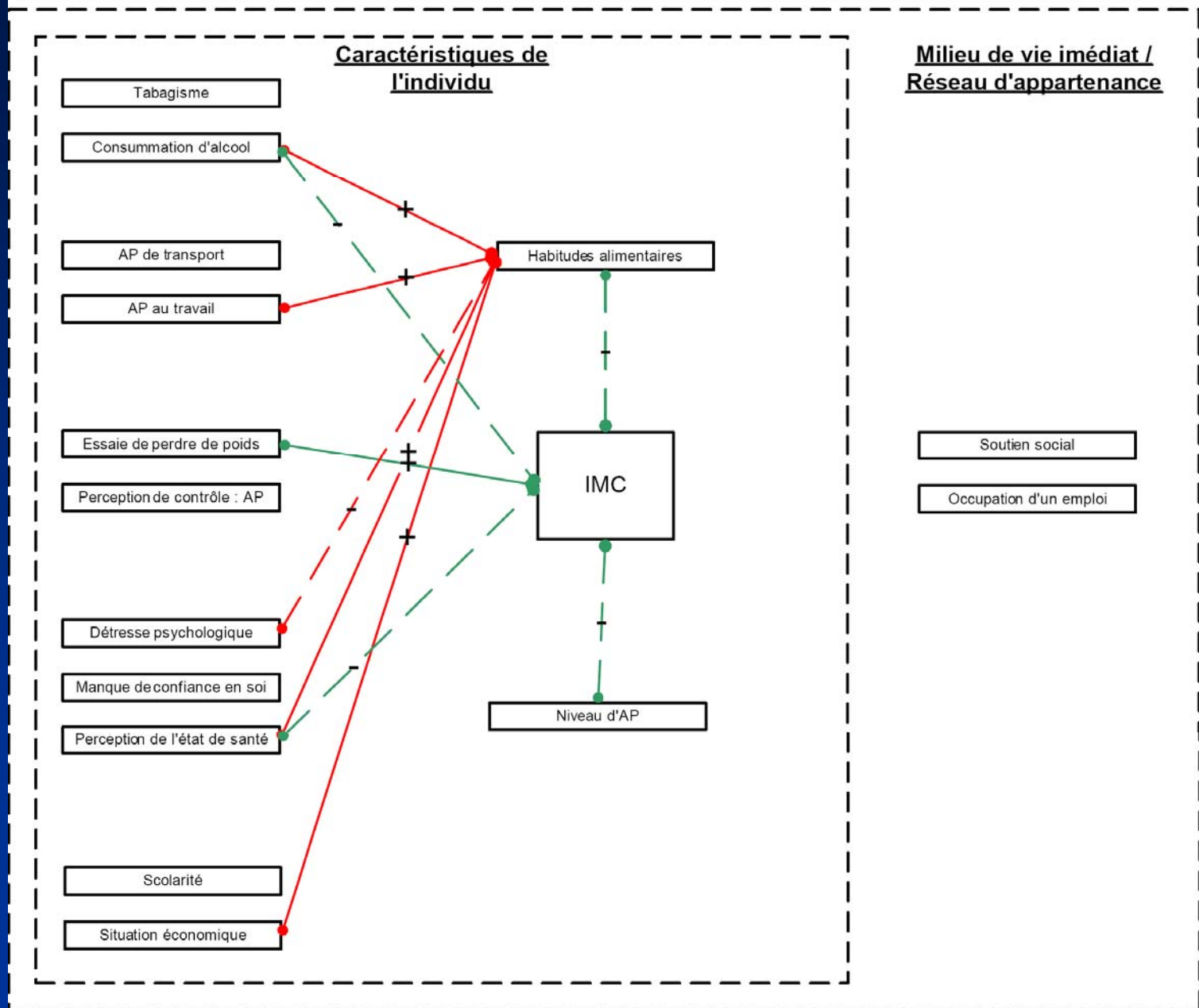
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



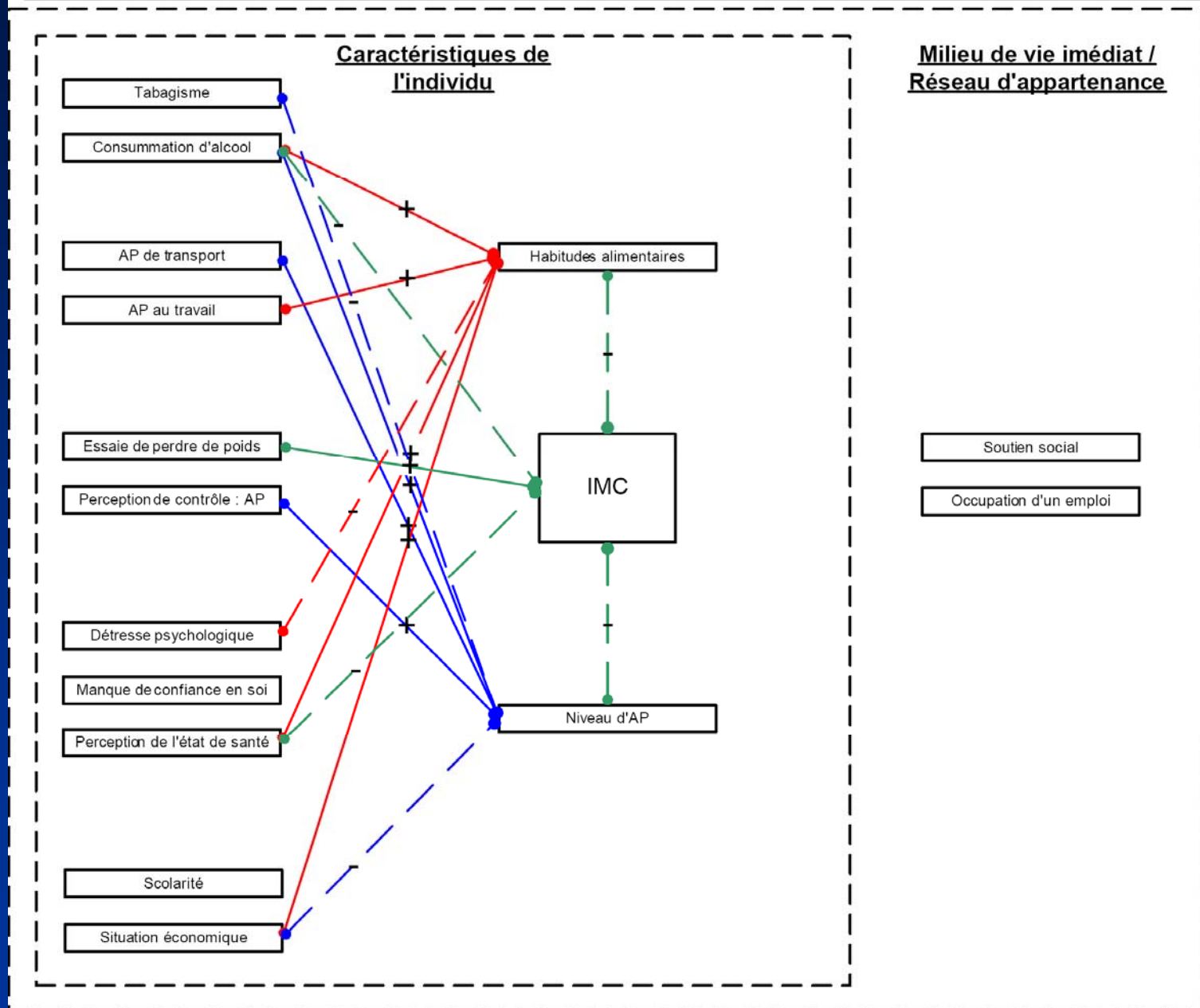
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Utilité des résultats

- Objectifs santé:
- Excès de poids (Québec)
 - « D'ici 2012, réduire de 2% le taux de prévalence de l'obésité »
 - « D'ici 2012, réduire de 5% le taux de prévalence de l'embonpoint »
- Activité physique (Québec):
 - « D'ici 2010, réduire de 46 % à 41 % la proportion de la population qui n'est pas suffisamment active »
- Alimentation (Canada)
 - Augmenter de 3 % à 50 % la proportion de personnes qui consomment au moins 3 portions de légumes par jour
 - Augmenter de 28 % à 75 % la proportion de personnes qui consomment au moins 2 portions de fruits par jour.

Interventions

- Activités:
 - Sensibilisation
 - Promotion
 - Accessibilité
- Lieu:
 - Milieu de travail
 - Milieu municipal
 - ...

JE MANGE AU MOINS **5** portions de fruits et légumes

JE BOUGE AU MOINS **30** minutes

JE RELÈVE LE DÉFI SANTÉ 5/30 pendant 6 semaines

au minimum 5 jours par semaine

au minimum 5 jours par semaine

du 1er mars au 11 avril 2008

Les adultes intéressés pourront aussi faire le point sur leur poids et leur tour de taille.

Vas-y, fais-le pour toi!

ui

Merci de votre attention