

Self-perception of body image and its relationship with body mass index (BMI) higher education students in the area of health in Puebla, Mexico

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Introduction: Knowledge of body image perception is vital for the care of eating disorders in young women.

Objective: To compare the self-perception of body image with body mass index (BMI) higher education students in the area of health in Puebla, Mexico.

Material and methods: We selected a representative sample of 500 students of the Faculty of Medicine of the Autonomous University of Puebla, of 18-27 years which were asked fill out a questionnaire on body self-perception based on a body imaging instrument previously validated in other studies subsequently anthropometric measures were taken, BMI was calculated.

Results: Mean age was 20 years with a maximum age of 27 years and a minimum of 18, standard deviation of 1.38. 4.2% were according to their BMI underweight, 77.4% normal weight, 13.6% overweight and 4.8% obese, according to the WHO classification. Of all the students of BMI as underweight, 14.3% were perceived image with underweight, 85, and 7% normal. Of normal weight, 2.0% were identified with image underweight, 86.0% normal, 11.1% overweight and 0.7% as obese. Of the overweight by BMI, 63.2% were identified with normal images, 29.4% overweight, 7.35% as obese. Of the obese according to BMI, 20.8% were identified as normal, 45.8% overweight and 33.3% as obese. The correlation between as you look and how you like to see you was 36.8%.

Conclusion: In this study perceived through the body image of being underweight was minimal normal weight for a significant percentage is perceived as overweight and obese and obese women are perceived overweight and normal. The assessment of body image perception can be an important indicator to guide preventive actions against eating disorders in this population.

Biography

Perez Contreras Irma has completed the Master of Public Health in 1988, and Master of Science in Public Health with area of concentration in Epidemiology in 2002, at the National Public Health Institute of Mexico. Currently, she is pursuing a doctorate in Public Health Sciences. She published an article internationally and several nationally. Currently, she teaches and conducts research in the Faculty of Medicine of the Autonomous University of Puebla, Mexico.

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