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Obesity, depression and erysipelas a clinical correlation in workers

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Objective: The objective of this study is to determine the association of obesity with depression and erysipelas.

Introduction: Population based studies have found associations between obesity and depression and researchers have utilized body mass index (BMI) to establish obesity. Probable intervening factors include deprived physical health associated with depression. Erysipelas is an infectious disease of the dermis and subcutaneous tissue due to streptococci. Obesity is a well known risk factor for erysipelas.

Methods: Sample size was estimated by using the World Health Organization (W.H.O) software. BMI was assessed from the National Heart, Lung, and Blood Institute U.S. Department of Health and Human Services website. Depression was assessed from Patient Health Questionnaire (PHQ-9) scores and Erysipelas was diagnosed by dermatologist. Predictor or independent variable was obesity and response or dependent variables were depression and erysipelas. Binary logistic regression analysis was used to determine the association between dependent and independent variables with a threshold for selection of $p < 0.05$ as statistically significant.

Results: Among the sample of 100 workers, 25% were obese and among them 15% had depression and 5% had erysipelas. Binary logistic regression analysis showed depression was (OR 1.77; 95% (CI): 1.57-2.84) and erysipelas was (OR 1.14; 95% (CI): 1.05-2.69), were statistically significant ($p < 0.001$).

Conclusion: This study found an association between obesity, depression and erysipelas. Obesity was an independent risk factor for depression and erysipelas. Prospective studies should explore obesity as a possible mediator in the relationship between obesity, depression and erysipelas among workers.

Biography

Sana Ahmed is an employee of S.T International LED Lighting. She has done her Bachelor's in Arts from Punjab University. She has also done course workup from National Vocational and Technical Training, Youth Skill Development Program from Government of Pakistan. As an Assistant Manager of Marketing department, she contributed for this research in literature review, data entry and basic data analysis. She was also involved in the write up of results and conclusion for this research. Her intellectual contribution was great in this research conducted on the employees of ST Enterprises LED lighting. She worked with the medical team and showed her concerns regarding their overweight, psychological level and skin infection. She used her initiative, taking on more than her share of tasks. The health of employees was a critical concern in this research as normal weight and psychological level can decrease skin infection among workers.

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