

Title: BMI and Cognitive Difficulties Among Older West Virginians

Author: Camila Romero

Support Team: Moyosoreoluwa O. Jacobs, & Dr. Bernard G. Schreurs

Purpose: There is an association between higher BMI and cognitive decline (Benito-Léon et al., 2013). Underweight BMI is also a risk factor for cognitive decline (Xiang & An, 2015). To understand the impact of BMI on cognitive difficulties, we examined the relation between these variables in older West Virginians.

Methods: We obtained data from the 2018 BRFSS. A logistic regression was performed, analyzing the influence of normal, obese, and underweight BMI on cognitive difficulties among older adults.

Results: We found an association between obesity and cognitive difficulties in older West Virginians, $\chi^2(3, N = 4563) = 16.89, p < 0.0001$. There was an association between underweight BMI and cognitive difficulties as well. Older adults with obesity were 1.27 times more likely to report cognitive difficulties, while those with underweight BMI were 3.74 times more likely to.

Discussion/Conclusions: The results show that older individuals with obesity and underweight BMI report more cognitive difficulties.