

Title: BMI and Recency of Doctor Visits Relate to Heart Disease in West Virginia

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Background/Purpose: Obesity is associated with many health risks, including heart disease. However, adults with obesity may avoid health care settings (Alberga et al., 2019). We examined the influence of BMI and recency of office visits on the incidence of heart disease in WV.

Methods: Data from the Centers for Disease Control and Prevention's (CDC) 2019 Behavioral Risk Factor Surveillance System (BRFSS) were used for this study. We analyzed data from 4,903 WV adults using the Web-Enabled Analysis tool (WEAT) app to conduct a logistic regression examining the relations among BMI, and recency of visiting a physician, and chronic heart conditions.

Results: The omnibus equation was significant χ^2 (DF=6, N=1492.5, $p < .01$). Higher BMI, χ^2 (1)=6.58, $p < .01$, and more recent visits to a physician, (χ^2 (4)=58.38, $p < .01$), were associated with heart disease.

Conclusions: West Virginia adults with heart disease had visited their physician more recently than those without heart disease, suggesting at least minimally adequate care. However, adults with higher BMI were also those more likely to report heart disease. More research into predictors of heart disease among WV adults, and their potential interaction with BMI, is needed.