

Obstructive lung disease in Ireland: is it time to include BMI level? [Poster]

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Obstructive Lung Disease in Ireland: Is it time to include BMI level?

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Results

In 2014, 23.7% of participants had normal/low BMI. In 2013,the figure was 33.7% (p<0.05). The relationship between BMI and other key variables for the 2014 group is shown in Table 2

Table 2: Relationship between BMI and other key variables for the 2014 group		Normal/ Under weight	Over weight	Obese	p
Gender:	Male	13.8%	50.0%	36.2%	0.001
	Female	30.6%	34.7%	34.7%	
Smoking:	Current	38.2%	41.2%	20.6%	0.004
	Ex	19.5%	45.0%	35.6%	
	Never	20.2%	35.8%	44.0%	
Education:	Primary/Junior	22.6%	35.7%	41.7%	0.055
	Leaving	22.1%	39.4%	38.5%	
	Cert	29.0%	48.4%	22.6%	
	3rd level				
Respiratory Symptoms		24.7%	34.8%	40.5%	0.065
Abnormal Spirometry		28.8%	33.9%	37.3%	0.409

Conclusions

Obesity is associated with negative physiological effects on lung function and is associated with exertional dyspnoea, obstructive sleep apnoea, obesity hypoventilation syndrome, COPD, asthma, pulmonary embolism and aspiration pneumonia.

In this self presenting population concerned about their respiratory health, 66% had a positive smoking history, but only 20.8% were current smokers. In contrast 76.3% were overweight/obese. This is higher than that reported in the general adult population in Ireland especially the level of obesity/morbid obesity.

As this is a self selected population it is difficult to extrapolate the results, but they do indicate that in the absence of specific actions in terms of the impact of BMI on respiratory health the gains of reduced smoking prevalence could be greatly reduced. The Respiratory Professional community must address the issue of abnormal BMI and its impact on respiratory health and wellbeing with the general public and with individual patients

References

- Department of Health. National Healthcare Quality Reporting System. 2015
- Zammit C et al. Obesity and respiratory diseases. Int J Gen Med. 2010;3:335—343



	2014
Participants	335
Age: Median age group	55-64yrs
Gender: Male	133 (40.1%)
BMI recorded	330
Normal/Underweight	78 (23.6%)
Overweight	135 (40.9%)
Obese/morbidly obese	117 (35.4%)
Smoking Status	
Current smoker	69 (20.8%)
Ex-smoker	150 (45.2%)
Education	
Primary/Junior Cert	116 (36.6%)
Leaving Cert	107 (33.8%)
3rd level	94 (29.7%)
Abnormal Spirometry	60 (18.0%)

Methods

Between the two years, 687 Participants completed the questionnaire which included questions regarding demographic details, symptoms

