

Influence of Socioeconomic Status and Sleep quality on Risks for Obesity

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Poverty Impacts Health



Our Approach

Research Topic

Individuals with lower socioeconomic status (ie SES) tend to experience low quality sleep which causes elevated levels of hormone leptin, eventually leading to poor appetite control and obesity



Methods

Three principal pieces of data:

- 1) Household asset survey
- 2) Sleep quality survey
- 3) Anthropometry measurements - body fat ratings and blood sample results

Assign each person to wealth quintile and 1-5 sleep score



Hypotheses

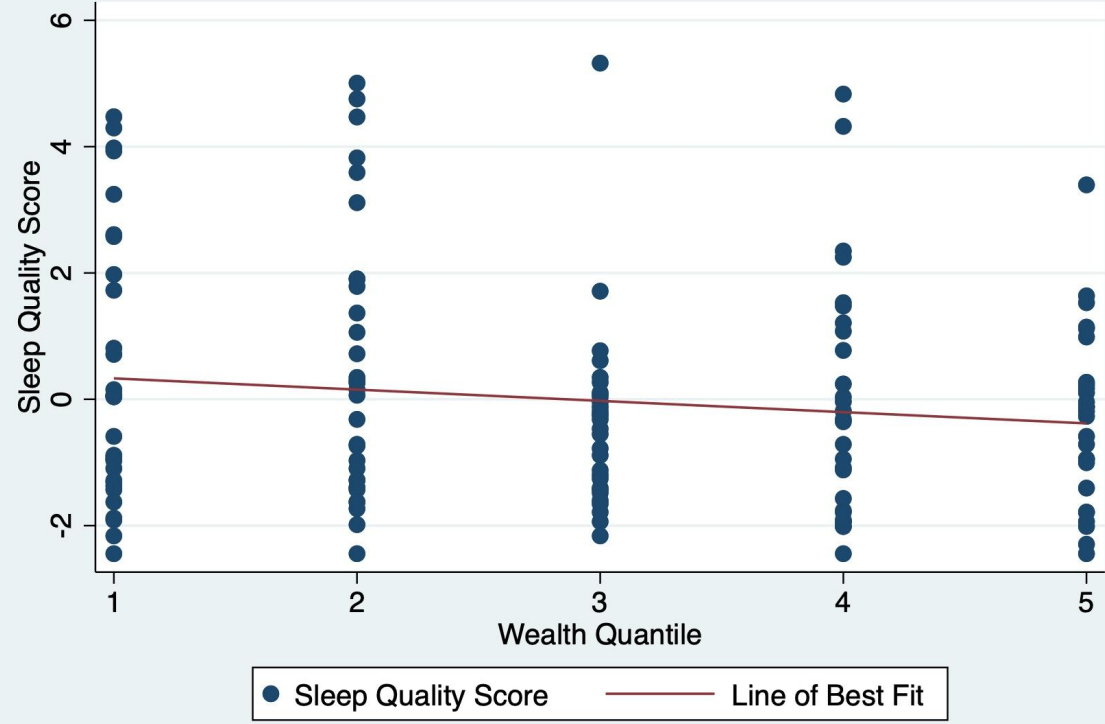
1. Lower SES people experienced lower quality sleep
2. Individuals with lower Sleep quality had higher levels of leptin
3. Individuals with lower SES had higher levels of leptin



Research Findings

DEPENDENT VARIABLE	INDEPENDENT VARIABLE	COEFFICIENT	T STATISTIC	P VALUE
SLEEP QUALITY SCORE	Wealth Score	-0.4383	-2.19	0.033
	Age	-0.0135	-0.49	0.628
	Visceral Fat Rating	0.0436	0.52	0.212
	Sex	0.5719	0.40	0.689
	Sleep Duration	-0.2003	-1.55	0.128

Sleep Quality vs Wealth Quantile



Implications

Conclusions