

BODY MASS INDEX AND HEALTH-RELATED QUALITY OF LIFE IN THE STUDENT POPULATION OF NORTHEAST BOSNIA AND HERZEGOVINA

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Abstract: Obesity is a complex chronic disease involving environmental, genetics, physiologic, metabolic, behavioral and psychological components. Obesity has a great number of negative health, social and economic effects ranging from nonfatal complaints that impact the quality of life, to effects that lead to an increased risk of premature death. The main objective of this paper is to assess the relationship between obesity status and quality of life among students population. The study group consisted of 100 examinees, 14 males and 86 females, students aged 20 – 23. The normal status (BMI 18.50 to 24.99) was found to be the most prevalent (80.00%), while the status of obese (≥ 30.00) was found to be the least prevalent (1.00%). The results of the conducted research do not show the correlation of obesity with the quality of life in the student population. We suggest further research that would involve a greater number of examinees and consider a greater number of habits related to quality of life.

Keywords: obesity, students, population, quality, life