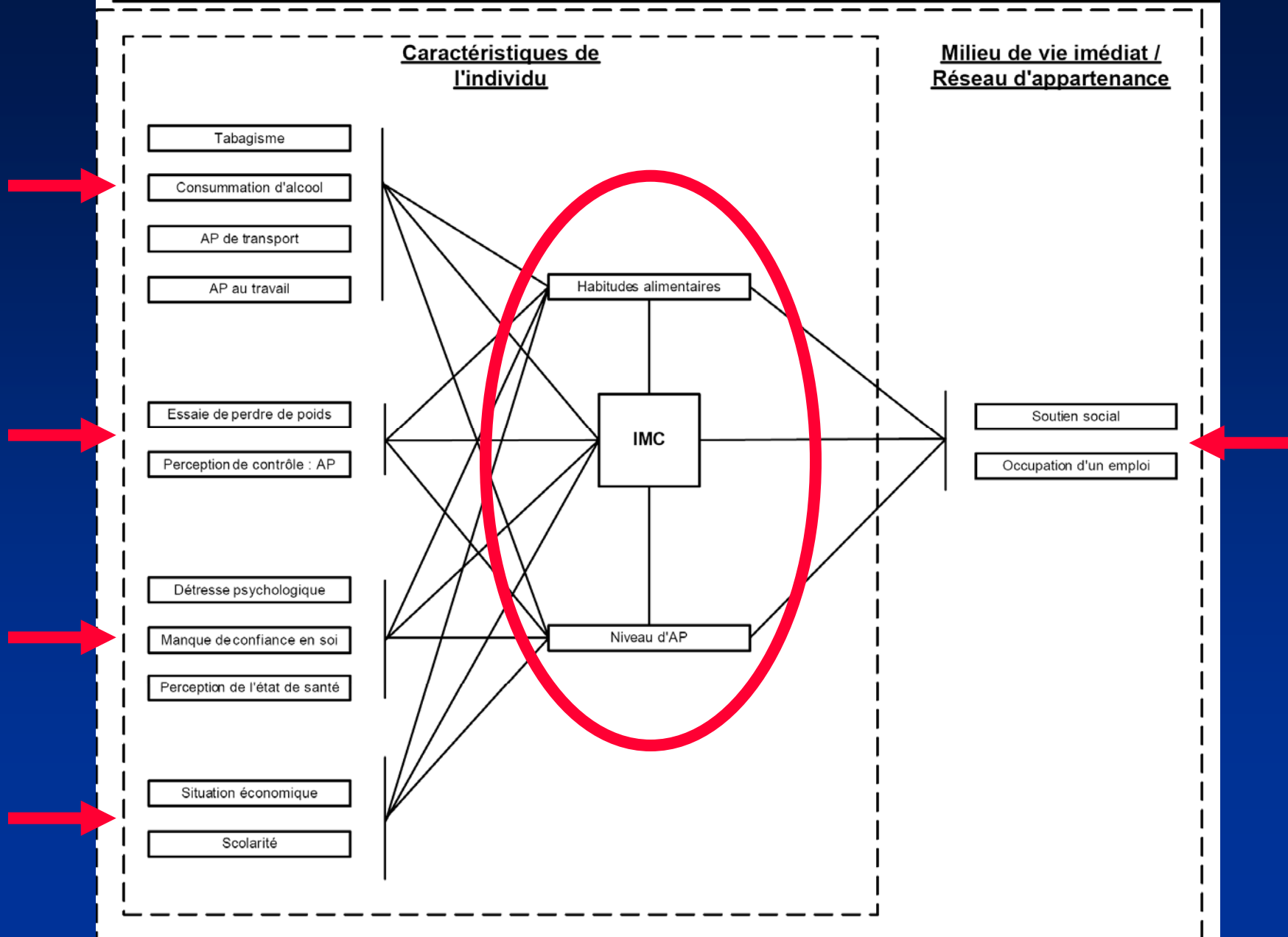


Déterminants psycho-sociaux du poids corporel dans la population québécoise

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sous la direction de
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Modèle systémique adapté



Données

- Enquête sociale et de santé 1998
 - (CADRISQ)

Tableau 13.2

Nombre de répondants au QRI et au QAA selon l'âge et le sexe, *Enquête sociale et de santé 1998*

Groupe d'âge et sexe	Nombre de répondants	
	QRI	QAA
0-14 ans Homme	3 175	-
0-14 ans Femme	3 084	-
15-24 ans Homme	2 177	1 694
15-24 ans Femme	2 191	1 893
25-44 ans Homme	4 603	3 882
25-44 ans Femme	4 839	4 395
45-64 ans Homme	3 628	3 066
45-64 ans Femme	3 675	3 295
65 ans et plus Homme	1 311	1 097
65 ans et plus Femme	1 703	1 451
Total	30 386	20 773

Déterminants psycho-sociaux du poids corporel dans la population québécoise

- Analyses

- Inférences populationnelles

- Régression logistique

- Sous échantillon: individus qui ont répondu à toutes les questions

- Homme: 25 à 44 ans N=1214

- Femme: 25 à 44 ans N=1830

- Homme: 45 à 64 ans N=915

- Femme: 45 à 64 ans N=1120

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men			Women		
			Odd ratio	95% CI	p	Odd ratio	95% CI	p
Consumption and PA habits								
Eating habits compared with other people	25 to 44	Poor or Fair	1.00	----	----	1.00	----	----
		Good	1.19 (0.72 - 1.98)	0.490	0.96 (0.67 - 1.38)	0.824		
		Very good or Excellent	0.54 (0.31 - 0.92)	0.024	0.70 (0.46 - 1.05)	0.087		
	45 to 64	Fair or Poor	1.00	----	----	1.00	----	----
		Good	0.33 (0.14 - 0.80)	0.015	0.38 (0.22 - 0.64)	<0.001		
		Very good or Excellent	0.33 (0.13 - 0.87)	0.025	0.31 (0.17 - 0.55)	<0.001		
Smoking cigarette	25 to 44	No	1.00	----	----	1.00	----	----
		Yes	0.49 (0.33 - 0.72)	<0.001	0.81 (0.61 - 1.09)	0.143		
	45 to 64	No	1.00	----	----	1.00	----	----
		Yes	0.43 (0.24 - 0.76)	0.004	0.88 (0.60 - 1.29)	0.514		
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month	1.00	----	----	1.00	----	----
		Between 1 to 3 times a week	1.43 (0.90 - 2.27)	0.135	0.52 (0.40 - 0.67)	<0.001		
		4 times a week or more	1.16 (0.61 - 2.21)	0.650	0.66 (0.39 - 1.10)	0.108		
	45 to 64	Twice or less a month	1.00	----	----	1.00	----	----
		Between 1 to 3 times a week	1.30 (0.57 - 2.98)	0.838	0.78 (0.54 - 1.11)	0.168		
		4 times a week or more	0.78 (0.33 - 1.86)	0.578	0.48 (0.28 - 0.80)	0.005		

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men				Women				
			Odd ratio	95% CI	p	Odd ratio	95% CI	p			
Consumption and PA habits											
Eating habits compared with other people	25 to 44	Poor or Fair		1.00	----	----		1.00	----	----	
		Good		1.19 (0.72 - 1.98)	0.490	0.96 (0.67 - 1.38)		0.824			
		Very good or Excellent		0.54 (0.31 - 0.92)	0.024	0.70 (0.46 - 1.05)		0.087			
	45 to 64	Fair or Poor		1.00	----	----		1.00	----	----	
		Good		0.33 (0.14 - 0.80)	0.015	0.38 (0.22 - 0.64)		<0.001			
		Very good or Excellent		0.33 (0.13 - 0.87)	0.025	0.31 (0.17 - 0.55)		<0.001			
Smoking cigarette	25 to 44	No		1.00	----	----		1.00	----	----	
		Yes		0.49 (0.33 - 0.72)	<0.001	0.81 (0.61 - 1.09)		0.143			
	45 to 64	No		1.00	----	----		1.00	----	----	
		Yes		0.43 (0.24 - 0.76)	0.004	0.88 (0.60 - 1.29)		0.514			
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month		1.00	----	----		1.00	----	----	
		Between 1 to 3 times a week		1.43 (0.90 - 2.27)	0.135	0.52 (0.40 - 0.67)		<0.001			
		4 times a week or more		1.16 (0.61 - 2.21)	0.650	0.66 (0.39 - 1.10)		0.108			
	45 to 64	Twice or less a month		1.00	----	----		1.00	----	----	
		Between 1 to 3 times a week		1.30 (0.57 - 2.98)	0.838	0.78 (0.54 - 1.11)		0.168			
		4 times a week or more		0.78 (0.33 - 1.86)	0.578	0.48 (0.28 - 0.80)		0.005			

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

		Age (y)	Number / answers	Men			Women			
				Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits										
Eating habits compared with other people	25 to 44	Poor or Fair		1.00	----	----		1.00	----	----
		Good		1.19 (0.72 - 1.98)	0.490	0.96 (0.67 - 1.38)		0.824		
		Very good or Excellent		0.54 (0.31 - 0.92)	0.024	0.70 (0.46 - 1.05)		0.087		
	45 to 64	Fair or Poor		1.00	----	----		1.00	----	----
		Good		0.33 (0.14 - 0.80)	0.015	0.38 (0.22 - 0.64)		<0.001		
		Very good or Excellent		0.33 (0.13 - 0.87)	0.025	0.31 (0.17 - 0.55)		<0.001		
Smoking cigarette	25 to 44	No		1.00	----	----		1.00	----	----
		Yes		0.49 (0.33 - 0.72)	<0.001	0.81 (0.61 - 1.09)		0.143		
	45 to 64	No		1.00	----	----		1.00	----	----
		Yes		0.43 (0.24 - 0.76)	0.004	0.88 (0.60 - 1.29)		0.514		
Consumption of alcoholic beverages in the past 12 months	25 to 44	Twice or less a month		1.00	----	----		1.00	----	----
		Between 1 to 3 times a week		1.43 (0.90 - 2.27)	0.135	0.52 (0.40 - 0.67)		<0.001		
		4 times a week or more		1.16 (0.61 - 2.21)	0.650	0.66 (0.39 - 1.10)		0.108		
	45 to 64	Twice or less a month		1.00	----	----		1.00	----	----
		Between 1 to 3 times a week		1.30 (0.57 - 2.98)	0.838	0.78 (0.54 - 1.11)		0.168		
		4 times a week or more		0.78 (0.33 - 1.86)	0.578	0.48 (0.28 - 0.80)		0.005		

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

			Men			Women			
Age (y)	Number / answers		Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Consumption and PA habits									
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months	less than once a week		1.00	----	----		1.00	----	----
	1 or 2 times a week	X	1.06	(0.64 - 1.75)	0.828	X	0.76	(0.55 - 1.05)	0.098
	3 times or more a week		0.66	(0.38 - 1.14)	0.139		0.78	(0.53 - 1.55)	0.196
	less than once a week		1.00	----	----		1.00	----	----
	1 or 2 times a week	X	1.32	(0.66 - 2.64)	0.437	↓	1.45	(0.96 - 2.21)	0.079
	3 times or more a week		0.96	(0.50 - 1.84)	0.901		0.64	(0.41 - 1.00)	0.048
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	1.00	----	----		1.00	----	----
		1	0.74	(0.48 - 1.14)	0.166		0.83	(0.63 - 1.10)	0.200
		2	0.49	(0.25 - 0.96)	0.038		0.79	(0.41 - 1.53)	0.513
	45 to 64	0	1.00	----	----		1.00	----	----
		1	0.48	(0.27 - 0.87)	0.016		0.73	(0.51 - 1.04)	0.078
		2	0.43	(0.08 - 2.40)	0.339		2.50	(0.92 - 6.76)	0.071
Usual physical activity related to work or main activity	25 to 44	Usually sitting	1.00	----	----		1.00	----	----
		Stand or walk quite a lot	0.82	(0.48 - 1.40)	0.469		1.00	(0.72 - 1.38)	0.980
		Carry loads or climb stairs	0.99	(0.59 - 1.66)	0.973		1.04	(0.67 - 1.61)	0.855
	45 to 64	Usually sitting	1.00	----	----		1.00	----	----
		Stand or walk quite a lot	0.97	(0.43 - 2.19)	0.935		0.92	(0.58 - 1.45)	0.705
		Carry loads or climb stairs	0.48	(0.23 - 1.02)	0.056		1.25	(0.73 - 2.13)	0.414

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

			Men			Women		
Age (y)	Number / answers		Odd ratio	95% CI	p	Odd ratio	95% CI	p
Consumption and PA habits								
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months	less than once a week		1.00	----	----	1.00	----	----
	1 or 2 times a week	X	1.06 (0.64 - 1.75)	0.828	X	0.76 (0.55 - 1.05)	0.098	
	3 times or more a week		0.66 (0.38 - 1.14)	0.139		0.78 (0.53 - 1.55)	0.196	
	less than once a week		1.00	----	----	1.00	----	----
	1 or 2 times a week	X	1.32 (0.66 - 2.64)	0.437	↓	1.45 (0.96 - 2.21)	0.079	
	3 times or more a week		0.96 (0.50 - 1.84)	0.901		0.64 (0.41 - 1.00)	0.048	
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	1.00	----	----	1.00	----	----
		1	↓	0.74 (0.48 - 1.14)	0.166	X	0.83 (0.63 - 1.10)	0.200
		2		0.49 (0.25 - 0.96)	0.038		0.79 (0.41 - 1.53)	0.513
	45 to 64	0	1.00	----	----	1.00	----	----
		1	↓	0.48 (0.27 - 0.87)	0.016	X	0.73 (0.51 - 1.04)	0.078
		2		0.43 (0.08 - 2.40)	0.339		2.50 (0.92 - 6.76)	0.071
Usual physical activity related to work or main activity	25 to 44	Usually sitting	1.00	----	----	1.00	----	----
		Stand or walk quite a lot		0.62 (0.48 - 1.40)	0.469		1.00 (0.72 - 1.38)	0.980
		Carry loads or climb stairs		0.99 (0.59 - 1.66)	0.973		1.04 (0.67 - 1.61)	0.855
	45 to 64	Usually sitting	1.00	----	----	1.00	----	----
		Stand or walk quite a lot		0.97 (0.43 - 2.19)	0.935		0.92 (0.58 - 1.45)	0.705
		Carry loads or climb stairs		0.48 (0.23 - 1.02)	0.056		1.25 (0.73 - 2.13)	0.414

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

			Men			Women				
Age (y)	Number / answers		Odd ratio	95% CI	p	Odd ratio	95% CI	p		
Consumption and PA habits										
How often was PA engaged for up to 20 or 30 minutes at a time during the past 3 months	less than once a week		1.00	----	----		1.00	----	----	
	1 or 2 times a week	X	1.06	(0.64 - 1.75)	0.828	X	0.76 (0.55 - 1.05)	0.098		
	3 times or more a week		0.66	(0.38 - 1.14)	0.139		0.78 (0.53 - 1.55)	0.196		
	less than once a week		1.00	----	----		1.00	----	----	
	1 or 2 times a week	X	1.32	(0.66 - 2.64)	0.437	↓	1.45 (0.96 - 2.21)	0.079		
	3 times or more a week		0.96	(0.50 - 1.84)	0.901		0.64 (0.41 - 1.00)	0.048		
Number of physical activity related to transport practice more than 10 times during the last year	25 to 44	0	↓	1.00	----	----		1.00	----	----
		1		0.74	(0.48 - 1.14)	0.166	X	0.83 (0.63 - 1.10)	0.200	
		2		0.49	(0.25 - 0.96)	0.038		0.79 (0.41 - 1.53)	0.513	
	45 to 64	0	↓	1.00	----	----		1.00	----	----
		1		0.48	(0.27 - 0.87)	0.016	X	0.73 (0.51 - 1.04)	0.078	
		2		0.43	(0.08 - 2.40)	0.339		2.50 (0.92 - 6.76)	0.071	
Usual physical activity related to work or main activity	25 to 44	Usually sitting	X	1.00	----	----		1.00	----	----
		Stand or walk quite a lot		0.82	(0.48 - 1.40)	0.469	X	1.00 (0.72 - 1.38)	0.980	
		Carry loads or climb stairs		0.99	(0.59 - 1.66)	0.973		1.04 (0.67 - 1.61)	0.855	
	45 to 64	Usually sitting	X	1.00	----	----		1.00	----	----
		Stand or walk quite a lot		0.97	(0.43 - 2.19)	0.935	X	0.92 (0.58 - 1.45)	0.705	
		Carry loads or climb stairs		0.48	(0.23 - 1.02)	0.056		1.25 (0.73 - 2.13)	0.414	

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men				Women				
			Odd ratio	95% CI	p	Odd ratio	95% CI	p			
Attitude toward body weight and PA											
Currently trying to loose weight	25 to 44	No		1.00	---	----		1.00	----	----	0.014
		Yes	4.65	(2.98 - 7.26)	<0.001	1.36	(1.06 - 1.75)				
	45 to 64	No		1.00	---	----		1.00	----	----	<0.001
		Yes	4.22	(2.31 - 7.73)	<0.001	1.97	(1.38 - 2.81)				
Easiness to engage regular PA for 20 or 30 minutes at a time during leisure time in the coming year	25 to 44	Very / somewhat difficult		1.00	---	----		1.00	----	----	
		Neither easy nor hard		1.63	(0.82 - 3.25)	0.166		0.82	(0.56 - 1.21)	0.315	
		Somewhat / very easy		1.04	(0.56 - 1.93)	0.900		0.91	(0.61 - 1.36)	0.646	
	45 to 64	Very / somewhat difficult		1.00	---	----		1.00	----	----	
		Neither easy nor hard		0.45	(0.16 - 1.25)	0.126		1.10	(0.65 - 1.87)	0.714	
		Somewhat / very easy		0.55	(0.21 - 1.44)	0.221		0.85	(0.51 - 1.41)	0.521	

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight

	Age (y)	Number / answers	Men				Women				
			Odd ratio	95% CI	p	Odd ratio	95% CI	p			
Attitude toward body weight and PA											
Currently trying to loose weight	25 to 44	No		1.00	---	----		1.00	----	----	
		Yes		4.65	(2.98 - 7.26)	<0.001		1.36	(1.06 - 1.75)	0.014	
	45 to 64	No		1.00	---	----		1.00	----	----	
		Yes		4.22	(2.31 - 7.73)	<0.001		1.97	(1.38 - 2.81)	<0.001	
Easiness to engage regular PA for 20 or 30 minutes at a time during leisure time in the coming year	25 to 44	Very / somewhat difficult		1.00	---	----		1.00	---	----	
		Neither easy nor hard		1.63	(0.82 - 3.25)	0.166		0.82	(0.56 - 1.21)	0.315	
		Somewhat / very easy		1.04	(0.56 - 1.93)	0.900		0.91	(0.61 - 1.36)	0.646	
	45 to 64	Very / somewhat difficult		1.00	---	----		1.00	---	----	
		Neither easy nor hard		0.45	(0.16 - 1.25)	0.126		1.10	(0.65 - 1.87)	0.714	
		Somewhat / very easy		0.55	(0.21 - 1.44)	0.221		0.85	(0.51 - 1.41)	0.521	

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men				Women					
			Odd ratio		95% CI	p	Odd ratio		95% CI	p		
Health and psychological												
Psychological distress index	25 to 44	Low and average High	X	1.00 0.58	---- (0.33 - 1.02)			X	1.00 0.76	---- (0.54 - 1.08)		0.060 0.125
	45 to 64	Low and average High	X	1.00 0.49	---- (0.23 - 1.03)			X	1.00 0.88	---- (0.57 - 1.38)		0.060 0.587
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always		1.00	----	----			1.00	----	----	
		Half the time		1.87	(0.74 - 4.77)		0.187		0.92	(0.53 - 1.64)		0.799
		Never / Rarely		1.90	(0.85 - 4.24)		0.117		0.87	(0.54 - 1.42)		0.585
	45 to 64	Frequently / Almost always		1.00	----	----			1.00	----	----	
		Half the time		1.62	(0.51 - 5.16)		0.414		0.87	(0.38 - 1.99)		0.741
		Never / Rarely		2.68	(0.93 - 7.72)		0.069		1.31	(0.65 - 2.64)		0.456
Health compare to other people of same age	25 to 44	Poor		1.00	----	----			1.00	----	----	
		Fair		1.77	(0.39 - 8.02)		0.456		0.44	(0.07 - 2.75)		0.382
		Good		3.38	(0.78 - 14.62)		0.103		0.28	(0.05 - 1.76)		0.176
		Very Good		2.33	(0.53 - 10.17)		0.261		0.17	(0.03 - 1.07)		0.059
		Excellent		2.26	(0.49 - 10.34)		0.292		0.14	(0.02 - 0.91)		0.039
	45 to 64	Poor		1.00	----	----			1.00	----	----	
		Fair		16.69	(1.75 - 159.14)		0.015		0.76	(0.20 - 2.92)		0.688
		Good		13.06	(1.79 - 95.20)		0.011		0.60	(0.17 - 2.11)		0.422
		Very Good		11.56	(1.52 - 88.06)		0.018		0.47	(0.13 - 1.72)		0.255
		Excellent		7.21	(0.88 - 58.79)		0.065		0.54	(0.15 - 2.00)		0.355

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers		Men			p	Women			p	
				Odd ratio	95% CI			Odd ratio	95% CI			
Health and psychological												
Psychological distress index	25 to 44	Low and average High		1.00 0.58 (0.33 - 1.02)	----	----	0.060		1.00 0.76 (0.54 - 1.08)	----	----	0.125
	45 to 64	Low and average High		1.00 0.49 (0.23 - 1.03)	----	----	0.060		1.00 0.88 (0.57 - 1.38)	----	----	0.587
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always		1.00	----	----			1.00	----	----	
		Half the time		1.87 (0.74 - 4.77)			0.187	0.92 (0.53 - 1.64)			0.799	
		Never / Rarely		1.90 (0.85 - 4.24)			0.117	0.87 (0.54 - 1.42)			0.585	
	45 to 64	Frequently / Almost always		1.00	----	----			1.00	----	----	
Half the time	1.62 (0.51 - 5.16)				0.414	0.87 (0.38 - 1.99)			0.741			
Never / Rarely	2.68 (0.93 - 7.72)				0.069	1.31 (0.65 - 2.64)			0.456			
Health compare to other people of same age	25 to 44	Poor		1.00	----	----			1.00	----	----	
		Fair		1.77 (0.39 - 8.02)			0.456		0.44 (0.07 - 2.75)			0.382
		Good		3.38 (0.78 - 14.62)			0.103		0.28 (0.05 - 1.75)			0.176
		Very Good		2.33 (0.53 - 10.17)			0.261		0.17 (0.03 - 1.07)			0.059
		Excellent		2.26 (0.49 - 10.34)			0.292		0.14 (0.02 - 0.91)			0.039
	45 to 64	Poor		1.00	----	----			1.00	----	----	
		Fair		16.69 (1.75 - 159.14)			0.015		0.76 (0.20 - 2.92)			0.688
		Good		13.06 (1.79 - 95.20)			0.011		0.60 (0.17 - 2.11)			0.422
		Very Good		11.56 (1.62 - 88.06)			0.018		0.47 (0.13 - 1.72)			0.255
		Excellent		7.21 (0.88 - 58.79)			0.065		0.54 (0.15 - 2.00)			0.355

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men				Women					
			Odd ratio		95% CI	p	Odd ratio		95% CI	p		
Health and psychological												
Psychological distress index	25 to 44	Low and average High		1.00 0.58 (0.33 - 1.02)					1.00 0.76 (0.54 - 1.08)			
	45 to 64	Low and average High		1.00 0.49 (0.23 - 1.03)					1.00 0.88 (0.57 - 1.38)			
Lack of self-confidence during the last month	25 to 44	Frequently / Almost always		1.00	----	----			1.00	----	----	
		Half the time		1.87 (0.74 - 4.77)	0.187	0.92 (0.53 - 1.64)	0.799					
		Never / Rarely		1.90 (0.85 - 4.24)	0.117	0.87 (0.54 - 1.42)	0.585					
	45 to 64	Frequently / Almost always		1.00	----	----			1.00	----	----	
Half the time	1.62 (0.51 - 5.16)	0.414		0.87 (0.38 - 1.99)	0.741							
Never / Rarely	2.68 (0.93 - 7.72)	0.069		1.31 (0.65 - 2.64)	0.456							
Health compare to other people of same age	25 to 44	Poor		1.00	----	----			1.00	----	----	
		Fair		1.77 (0.39 - 8.02)	0.456	0.44 (0.07 - 2.75)	0.382					
		Good		3.38 (0.78 - 14.62)	0.103	0.28 (0.05 - 1.76)	0.176					
		Very Good		2.33 (0.53 - 10.17)	0.261	0.17 (0.03 - 1.07)	0.059					
		Excellent		2.26 (0.49 - 10.34)	0.292	0.14 (0.02 - 0.91)	0.039					
	45 to 64	Poor		1.00	----	----			1.00	----	----	
		Fair		16.69 (1.75 - 159.14)	0.015	0.76 (0.20 - 2.92)	0.688					
		Good		13.06 (1.79 - 95.20)	0.011	0.60 (0.17 - 2.11)	0.422					
		Very Good		11.56 (1.52 - 88.06)	0.018	0.47 (0.13 - 1.72)	0.255					
		Excellent		7.21 (0.88 - 58.79)	0.065	0.54 (0.15 - 2.00)	0.355					

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men				Women				
			Odd ratio	95% CI		<i>p</i>	Odd ratio	95% CI		<i>p</i>	
Social network and environment											
Social support index	25 to 44	Low		1.00	----	----		1.00	----	----	0.087
		High		0.98 (0.60 - 1.59)	0.927	1.35 (0.96 - 1.92)					
	45 to 64	Low		1.00	----	----		1.00	----	----	0.143
		High		1.16 (0.60 - 2.25)	0.657	1.40 (0.89 - 2.19)					
Work at a paid job at the present time	25 to 44	No		1.00	----	----		1.00	----	----	0.114
		Yes		1.17 (0.64 - 2.12)	0.617		0.78 (0.58 - 1.06)				
	45 to 64	No		1.00	----	----		1.00	----	----	0.230
		Yes		0.67 (0.34 - 1.31)	0.242		0.81 (0.58 - 1.14)				

Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men				Women				
			Odd ratio	95% CI	<i>p</i>	Odd ratio	95% CI	<i>p</i>			
<i>Social network and environment</i>											
Social support index	25 to 44	Low		1.00	----	----		1.00	----	----	0.087
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		High		1.16 (0.60 - 2.25)	0.657	1.40 (0.89 - 2.19)					
Work at a paid job at the present time	25 to 44	No		1.00	----	----		1.00	----	----	0.114
		Yes		1.17 (0.64 - 2.12)	0.617	0.78 (0.58 - 1.06)					
	45 to 64	No		1.00	----	----		1.00	----	----	0.230
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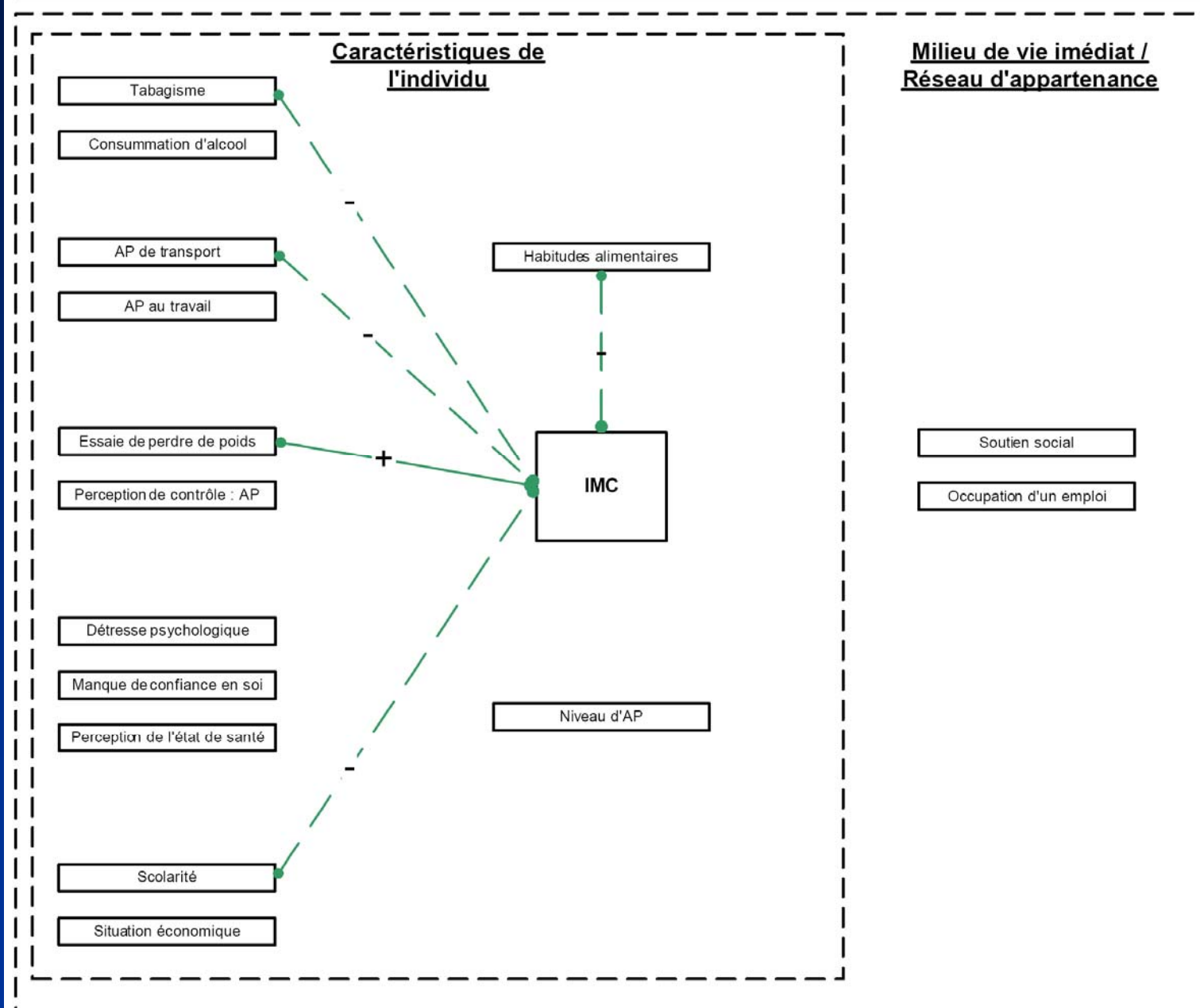
Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers	Men				Women			
			Odd ratio	95% CI		p	Odd ratio	95% CI		p
Socio demographic										
Highest level of education	25 to 44	High school		1.00	----	----		1.00	----	----
		Post high school degree		0.79 (0.51 - 1.22)	0.294	0.86 (0.64 - 1.16)		0.327		
		University		0.58 (0.35 - 0.97)	0.036	0.86 (0.60 - 1.23)		0.402		
	45 to 64	High school		1.00	----	----		1.00	----	----
		Post high school degree		0.75 (0.34 - 1.63)	0.464	0.87 (0.58 - 1.30)		0.499		
		University		0.75 (0.38 - 1.47)	0.403	0.66 (0.42 - 1.03)		0.069		
Perceived financial situation	25 to 44	Very poor		1.00	----	----		1.00	----	----
		Poor		0.67 (0.23 - 1.89)	0.444		0.50 (0.21 - 1.20)	0.122		
		Sufficient to meet basic needs		0.69 (0.24 - 2.00)	0.494		0.67 (0.29 - 1.56)	0.349		
		Comfortable financially		0.54 (0.17 - 1.66)	0.282		0.55 (0.22 - 1.37)	0.201		
	45 to 64	Very poor		1.00	----	----		1.00	----	----
		Poor		1.44 (0.30 - 6.85)	0.650		1.10 (0.44 - 2.75)	0.838		
		Sufficient to meet basic needs		0.84 (0.20 - 3.43)	0.805		1.78 (0.73 - 4.33)	0.203		
		Comfortable financially		0.53 (0.11 - 2.62)	0.438		1.27 (0.49 - 3.30)	0.629		

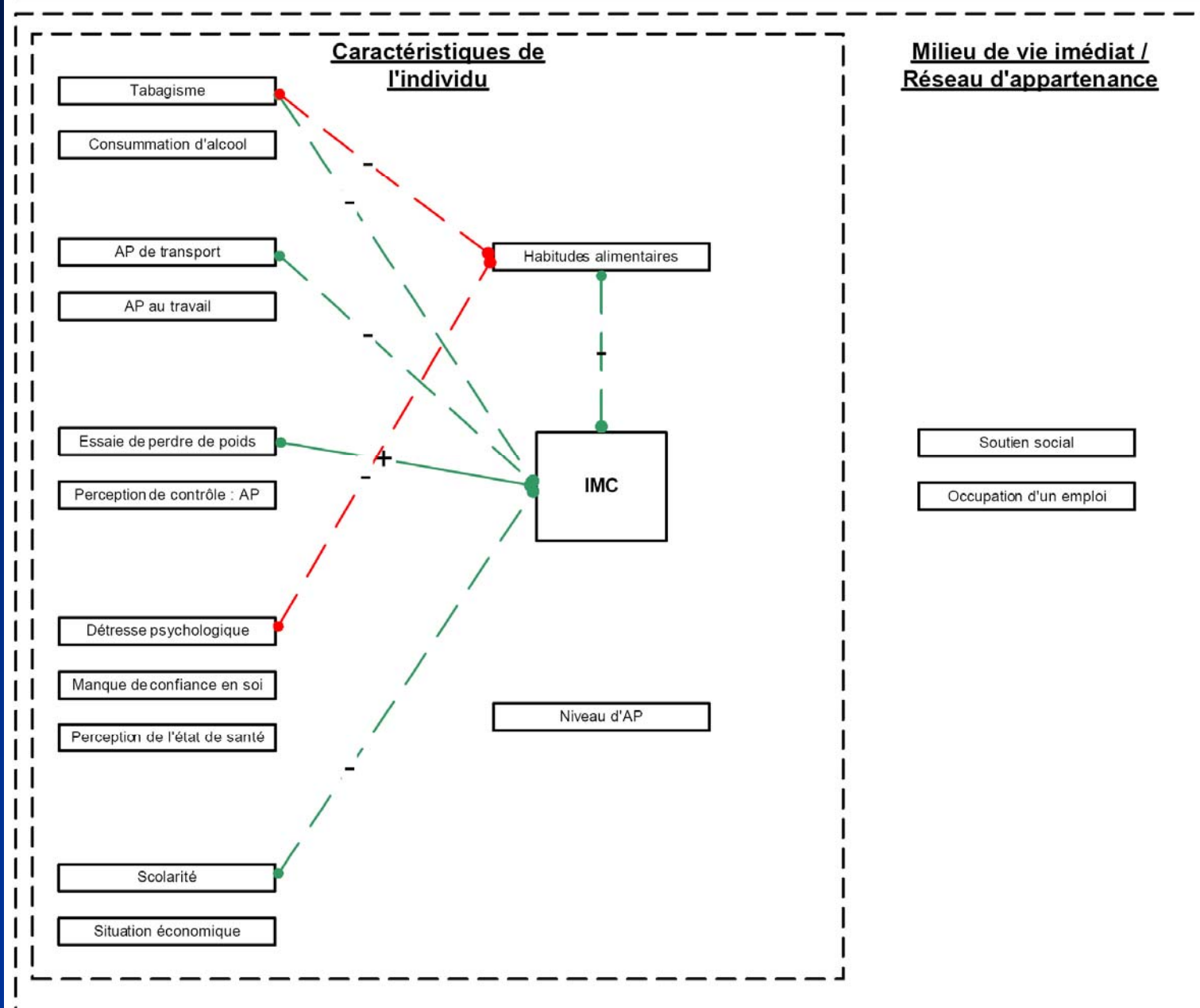
Odd ratios of reporting an excess weight according to variables identified as possible predictors of body weight (suite)

	Age (y)	Number / answers		Men			Women			
				Odd ratio	95% CI	p	Odd ratio	95% CI	p	
Socio demographic										
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		Post high school degree		0.79 (0.51 - 1.22)	0.294	0.86 (0.64 - 1.16)		0.327		
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		Post high school degree		0.75 (0.34 - 1.63)	0.464	0.87 (0.58 - 1.30)		0.499		
		University		0.75 (0.38 - 1.47)	0.403	0.66 (0.42 - 1.03)		0.069		
Perceived financial situation	25 to 44	Very poor		1.00	----	----		1.00	----	----
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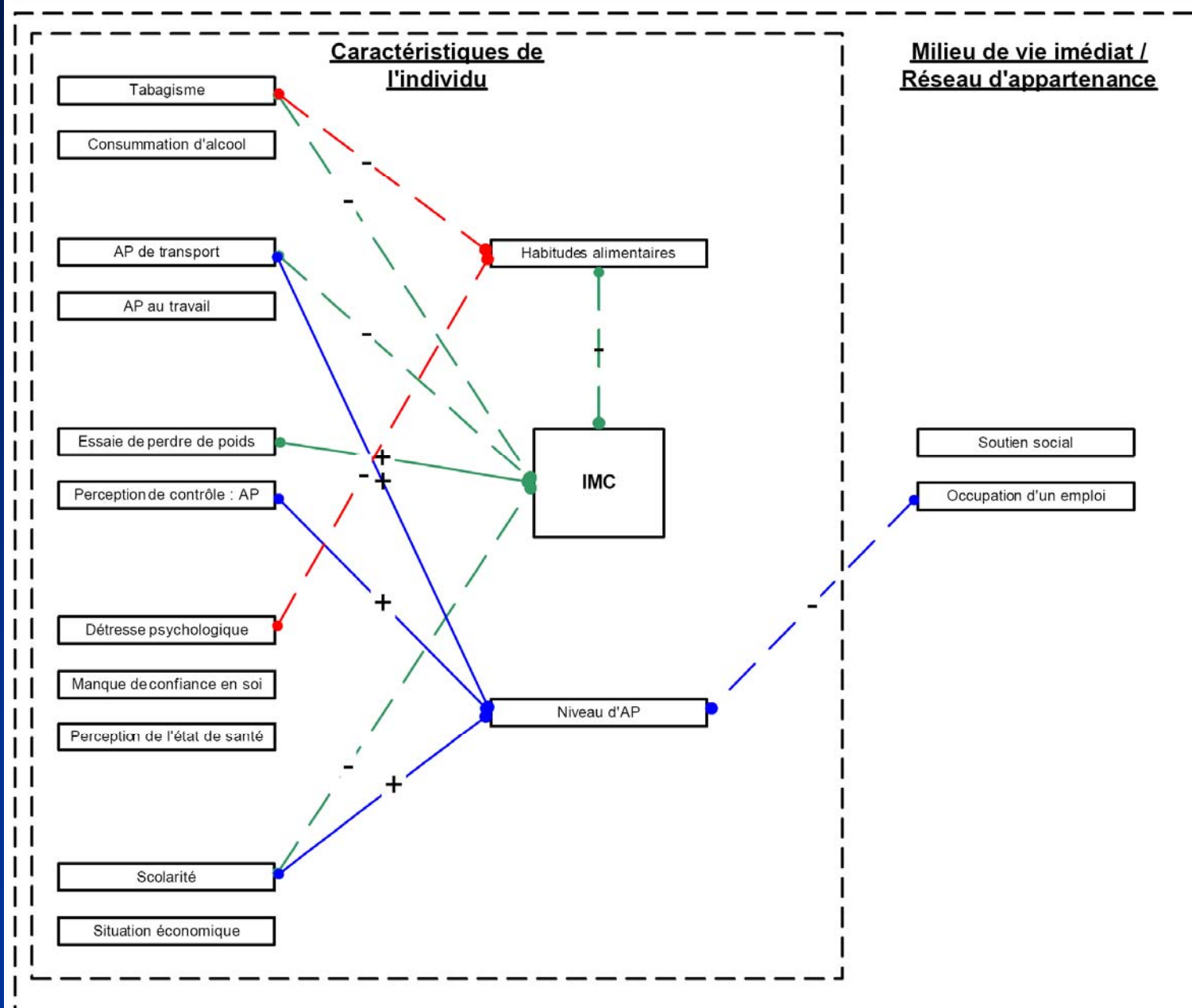
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



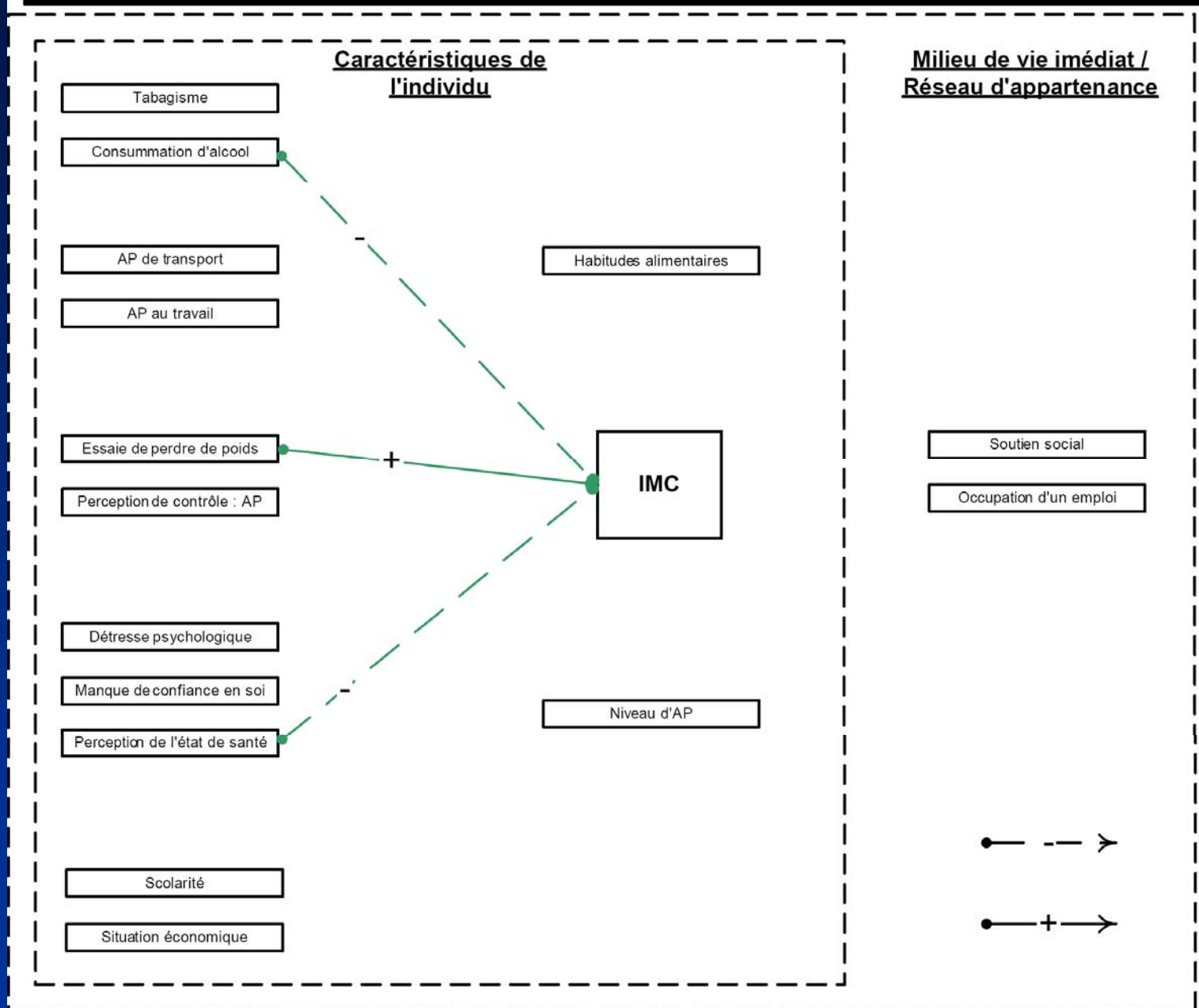
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



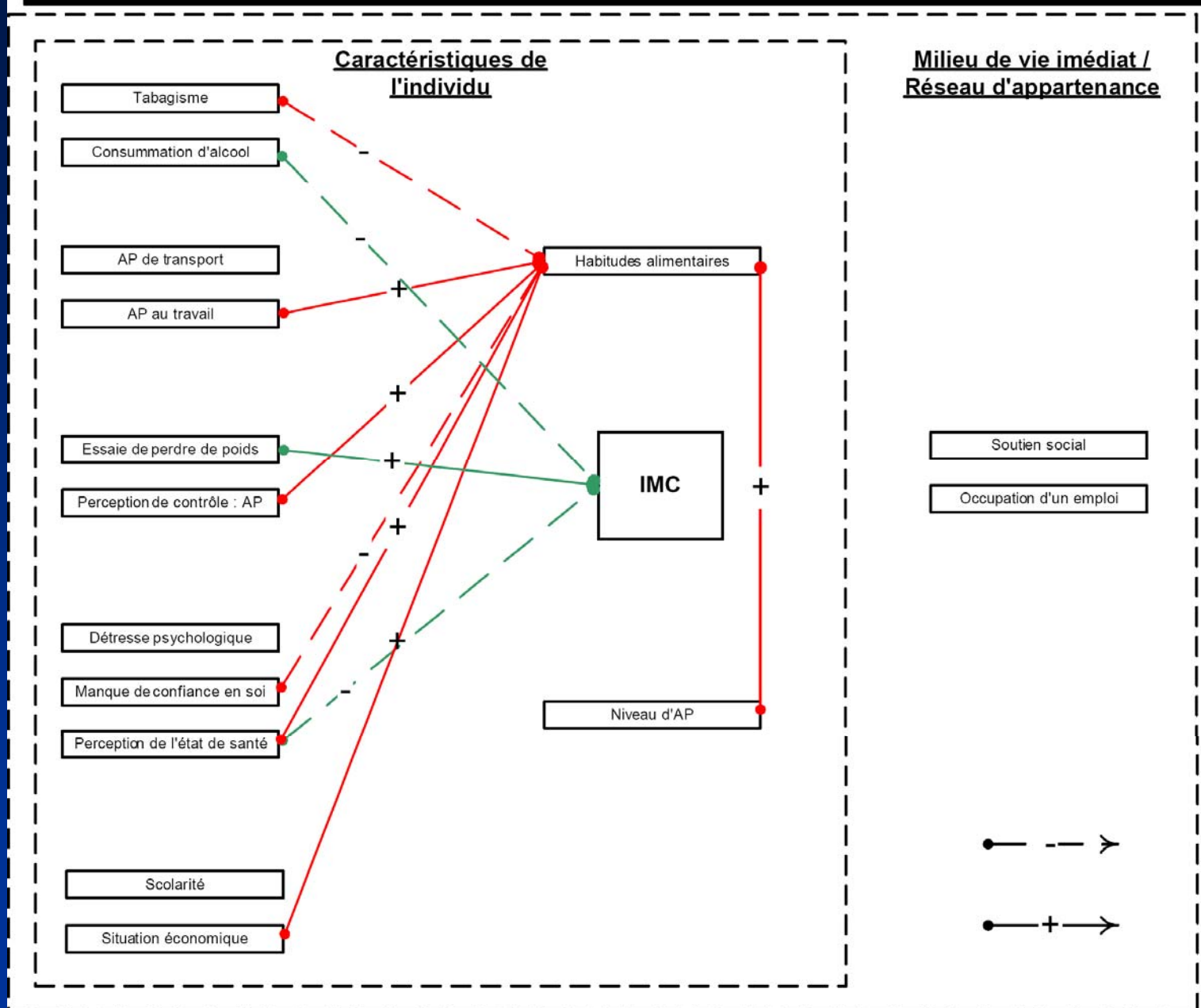
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 25 à 44 ans)



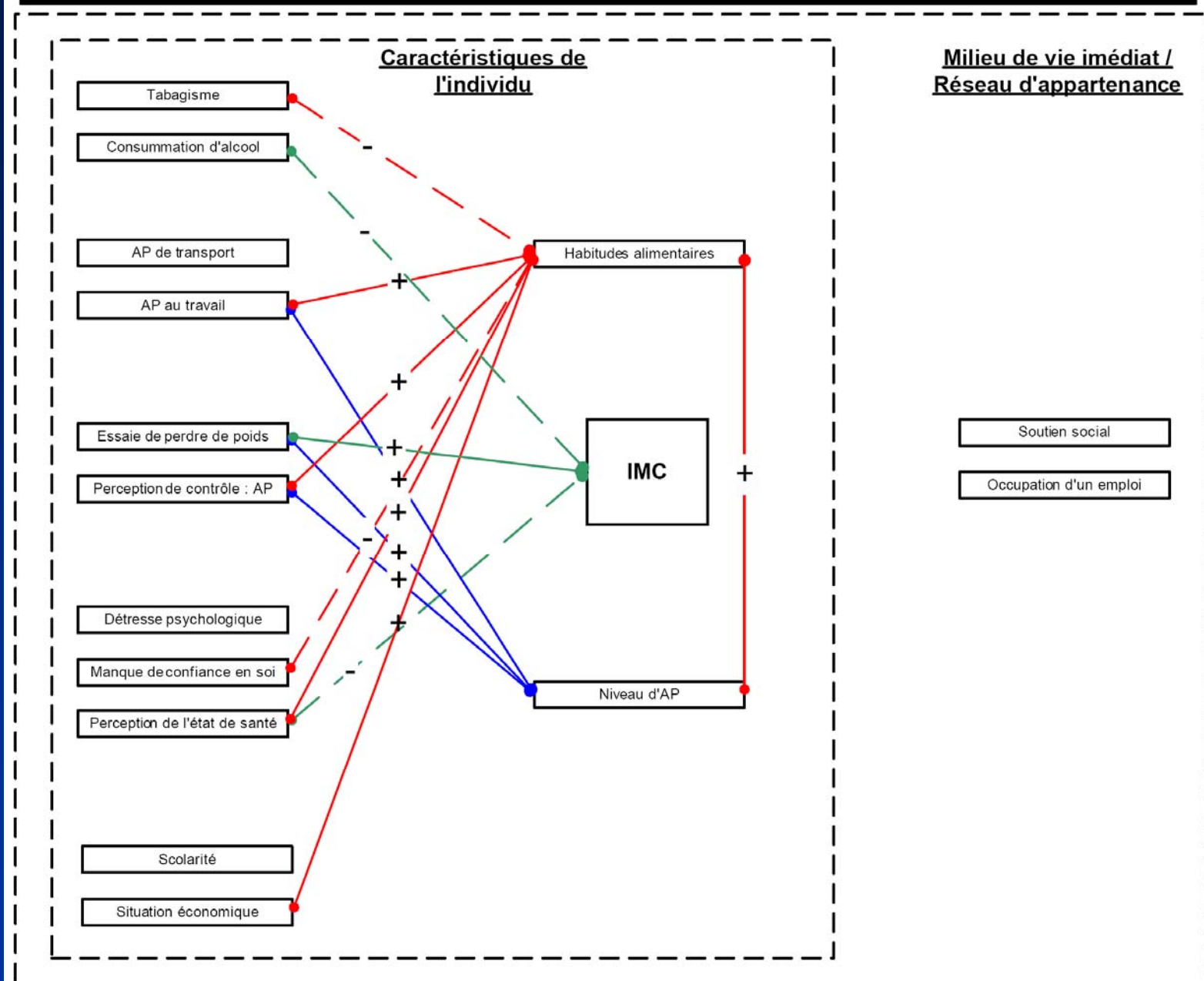
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



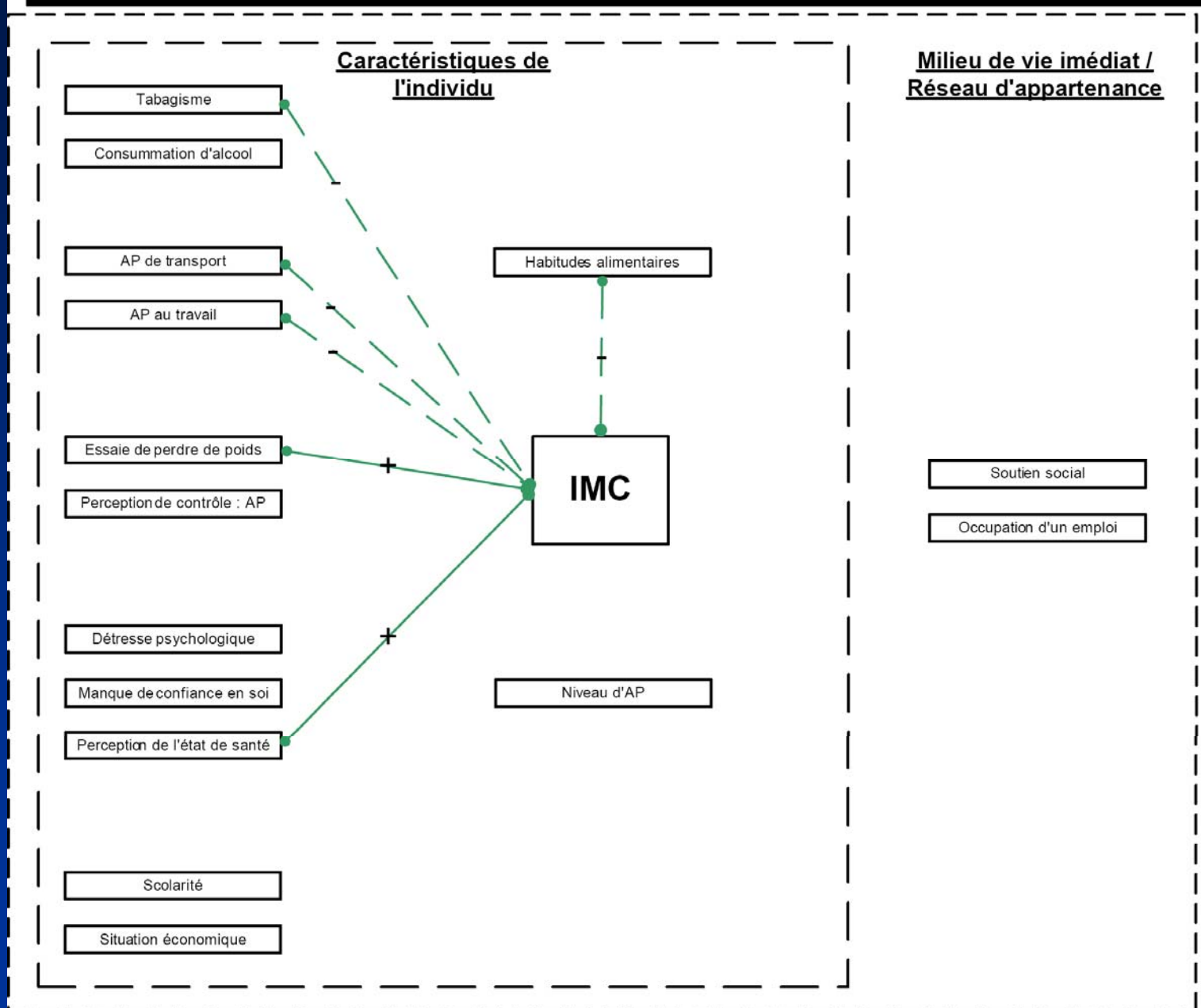
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



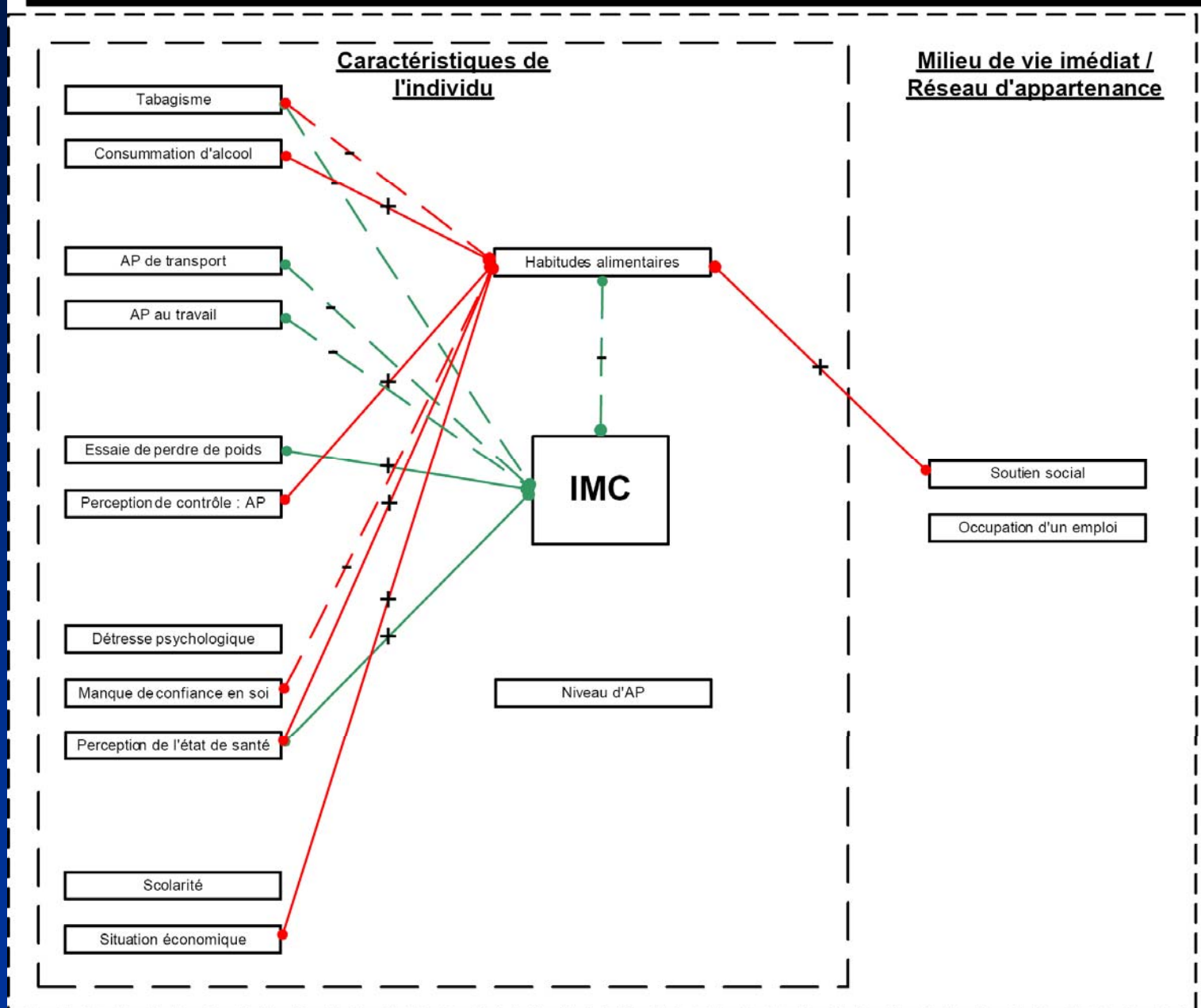
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 25 à 44 ans)



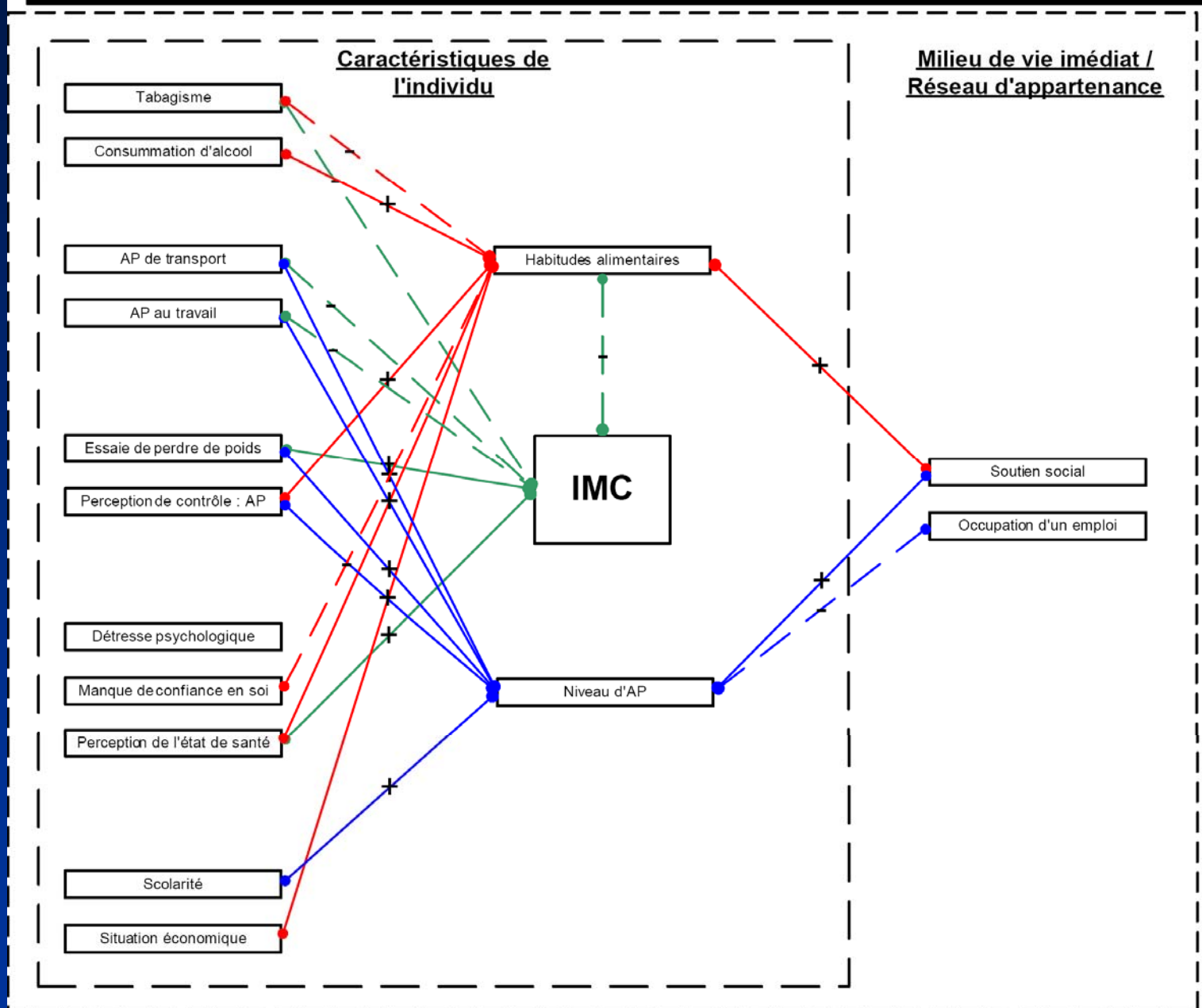
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



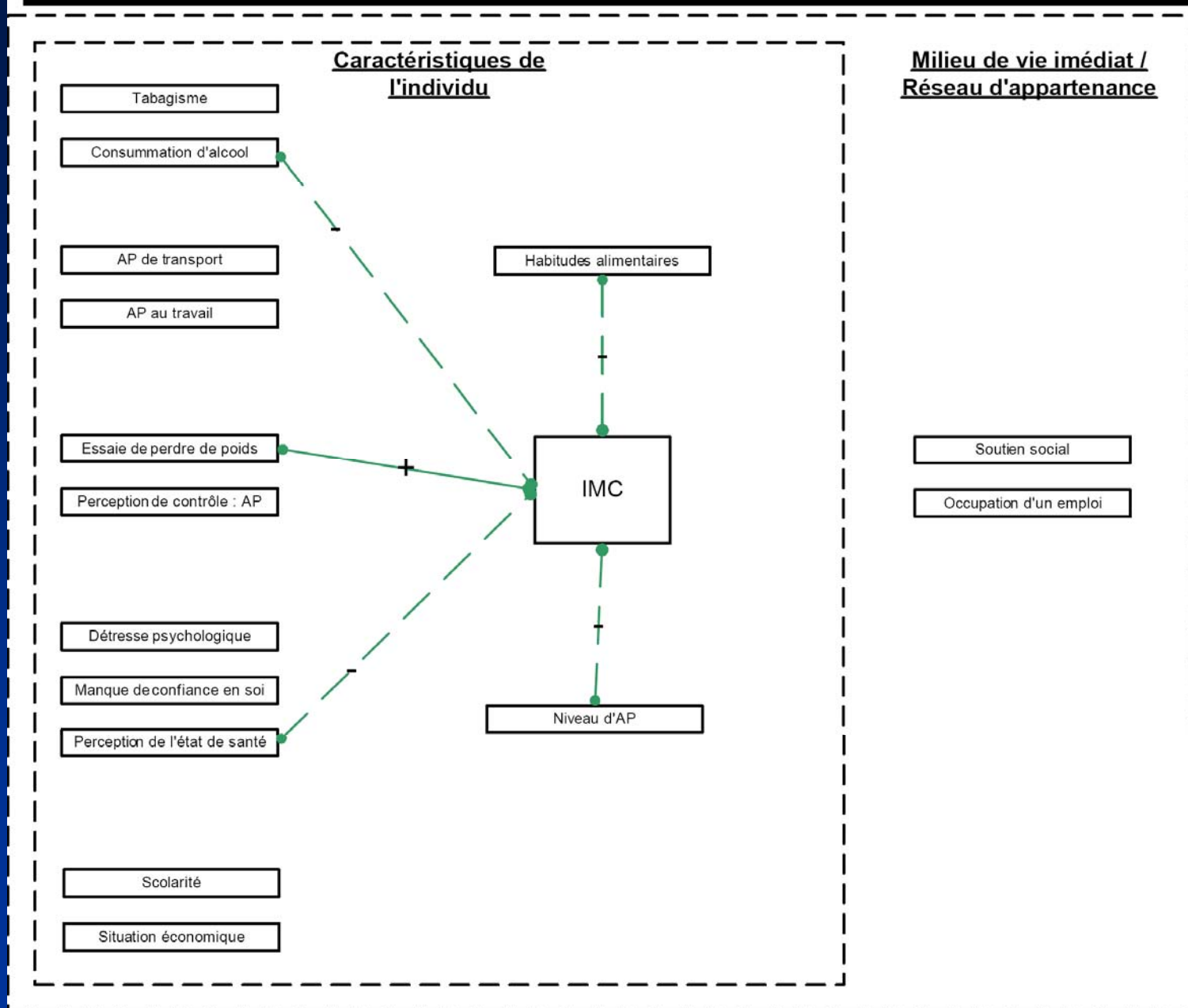
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



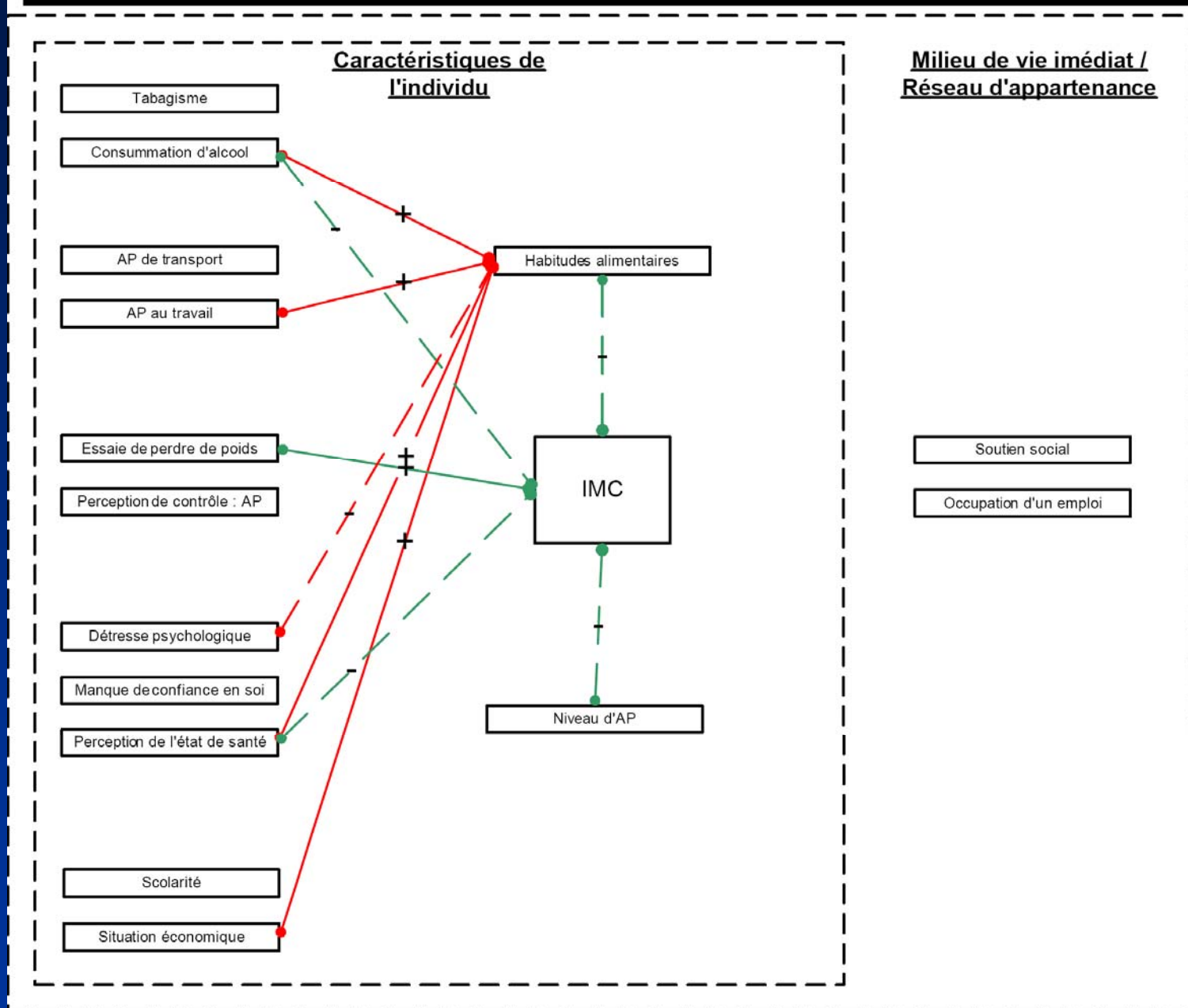
Déterminants psycho-sociaux du poids corporel dans la population québécoise (homme 45 à 64 ans)



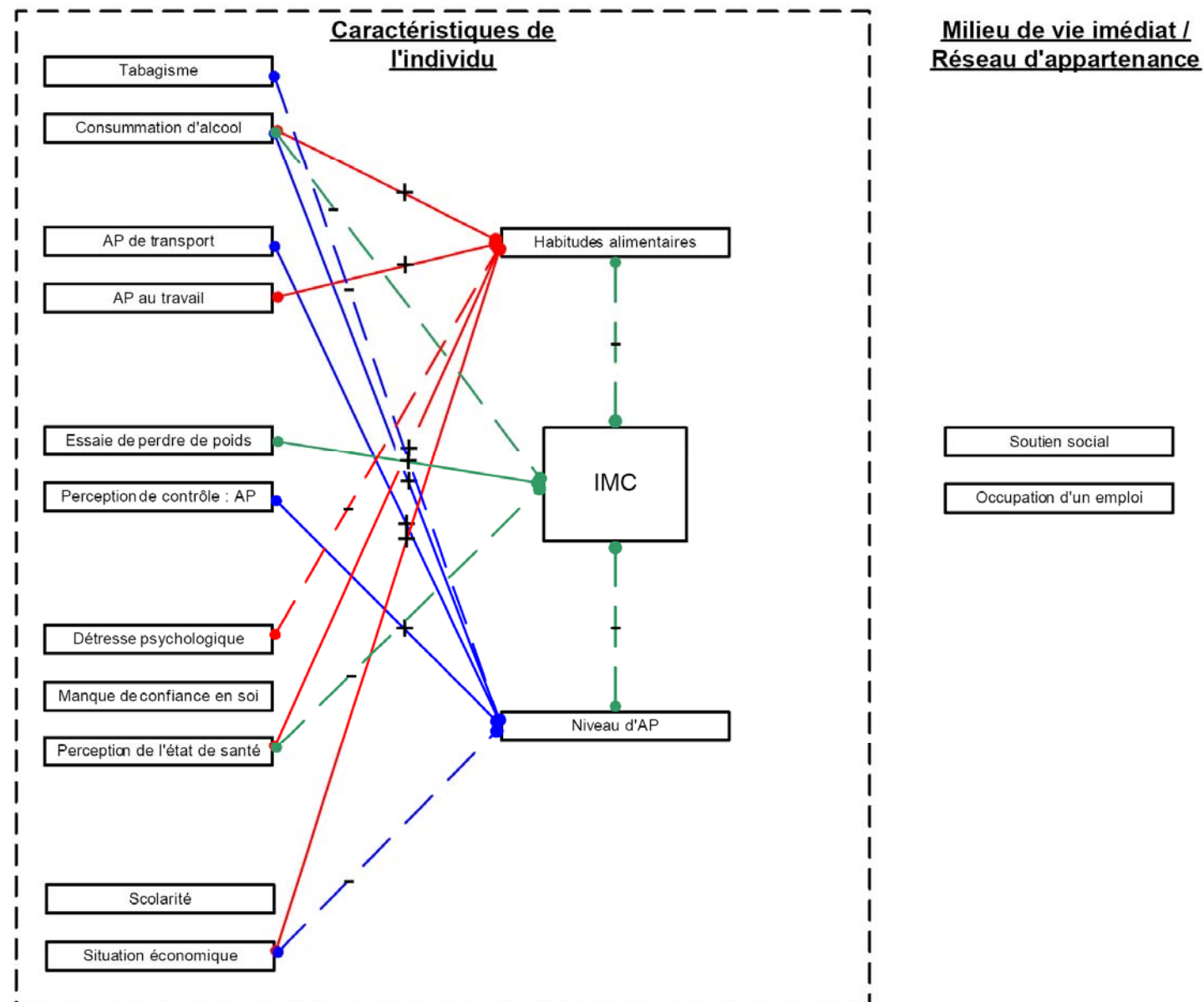
Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Déterminants psycho-sociaux du poids corporel dans la population québécoise (femmes 45 à 64 ans)



Utilité des résultats

- Objectifs santé:
- Excès de poids (Québec)
 - « D'ici 2012, réduire de 2% le taux de prévalence de l'obésité»
 - « D'ici 2012, réduire de 5% le taux de prévalence de l'embonpoint»
- Activité physique (Québec):
 - « D'ici 2010, réduire de 46 % à 41 % la proportion de la population qui n'est pas suffisamment active »
- Alimentation (Canada)
 - Augmenter de 3 % à 50 % la proportion de personnes qui consomment au moins 3 portions de légumes par jour
 - Augmenter de 28 % à 75 % la proportion de personnes qui consomment au moins 2 portions de fruits par jour.

Interventions

- Activités:
 - Sensibilisation
 - Promotion
 - Accessibilité
- Lieu:
 - Milieu de travail
 - Milieu municipal
 - ...

JE MANGE

AU MOINS
5 portions
de fruits et légumes



au minimum
5 jours par semaine

JE BOUGE

AU MOINS
30 minutes



au minimum
5 jours par semaine

JE RELÈVE

LE DÉFI
SANTÉ
5/30

pendant
6 semaines

du 11 mars au 11 avril 2008

Les adultes intéressés pourront aussi faire le point sur leur poids et leur tour de taille.

Vas-y,
fais-le
pour toi!



Merci de votre attention