

THE ROLE OF WEIGHT HISTORY IN PREVALENT AND INCIDENT FUNCTIONAL LIMITATIONS OF MEN AND WOMEN AGED 55-65 YEARS

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Due to the obesity epidemic, new generations of older adults are expected to experience a longer duration of overweight. Our aim was to investigate the association between the lifetime duration of overweight and prevalent and incident functional limitations in late middle-age. In addition, potential mediating factors of these associations were assessed. Data of participants of the Longitudinal Aging Study Amsterdam (LASA) aged 55-65y were used. Current BMI, recalled weight history, socioeconomic factors, current lifestyle factors, chronic disorders, and grip strength were determined at baseline (n=860). Functional limitations were assessed by self-report at baseline and after 3 years of follow-up (n=770). Four overweight-patterns were found: never (reference), only current overweight, overweight since age 40y, and overweight since age 25y. Functional limitations increased significantly over the four overweight-patterns. Odds ratios (95%CI) for experiencing any difficulty on seven daily activities were 1.34 (0.87-2.1), 2.4 (1.6-3.8) and 2.0 (1.3-3.2), respectively. Adjustment for socioeconomic and lifestyle factors, chronic disorders, and grip strength did not substantially change the results. However, when adding current BMI to the models, the association disappeared. No association of weight history with incident functional limitations was found, but the risk of an increase in functional limitations was significantly associated with a longer weight history. In conclusion, already at late middle-age, a longer overweight history is associated with more and increasing functional limitations. This association is largely explained by the fact that late middle-aged adults who have experienced a longer overweight duration have a higher mean current BMI.