

**Influence of Socio-economic, Dietary and Behavioral Factors
on Overweight and Obesity in Bulgarian Men**Emiliya Andreenko¹, Silviya Mladenova² and Valentin Akabaliev³¹*Department of Human Anatomy and Physiology, Plovdiv University "Paisii Hilendarski",
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ABSTRACT The aim of this paper is to study the influence of some social, economic, and demographic factors, nutritional habits and lifestyles on the prevalence of overweight and obesity among male adult population in Bulgaria. A cross-section population study of a sample of 860 men aged 30-50 years from the town of Plovdiv, Bulgaria was undertaken. Overweight and obesity were defined according to the International Obesity Task Force's cut-off points for Body Mass Index in adults. The information about marital status, residency, income and education level of each person is obtained by interview. The data regarding eating habits, preferred food, alcohol consumption, smoking status and leisure activities was collected using a questionnaire. The statistical analysis was made by SPSS 19. Findings show that the marital status, education, tobacco and alcohol consumption are the significant factors affecting overweight and obesity. The risk increases considerably in men with primary and secondary education (OR=1.80, $p<0.05$), ex-smokers (OR=3.007, $p<0.01$), heavy drinkers (OR=2.22, $p<0.01$), and married men (OR=0.54 $p<0.05$). At the same time the absence of a family, higher education and smoking reduce this risk to a great extent. The model did not identify a significant connection between overweight or obesity and the factors including place of residence, eating habits, preferred food and leisure activities. In conclusion, the results show alarming trends in the spread of overweight and obesity conditions among adult men in Bulgaria. The strategy for counteracting this alarming trend involves increasing education and income, applying a correct nutrition model, reducing smoking and abstinence from drinking.