Regional Variation in Health

ABSTRACT
This research project focused on whether subjective and objective markers of health provide the same information. Three main research questions were established:
1. How does self-rated health vary by region?
2. How does obesity vary by region?
3. Is regional variation in self-rated health caused by regional variation in obesity?

METHODOLOGY
The data used within this research project was from the Understanding Society dataset, Waves 2 and 3. Multinomial logistic regression was the main method carried out. This was used to predict "the probability of category membership on a dependent variable based on multiple independent variables" (Starckweather and Moske, 2011: 1).

Self-rated health was researched into first in order to see if any regional patterns appeared to exist. The biomarker Body Mass Index (BMI) was then researched into to see if similar patterns existed. Both self-rated health and BMI were recoded into binary variables for comparative purposes.

Lastly, the relation between BMI and self-rated health was investigated into, in order to understand the relation between subjective and objective markers of health.

REFERENCES