

# Does living alone make you thinner?

December 16 2015, by Allie Shah, Star Tribune (Minneapolis)

---

Score one for the singles crowd. People who live alone tend to be thinner than married couples or co-habitators, according to research out of Western Washington University.

But the difference is, well, slim. On average, single people weighed about three pounds less than their coupled-up counterparts.

The study, which will be published in January in the *Journal of Family Issues*, examined 20 years of data from more than 3,000 people.

Researchers calculated [body mass index](#) - a tool often used to measure risk of [chronic diseases](#) such as diabetes, [heart disease](#) and cancer.

"The results show that living without a partner, either being divorced or never married, is associated with lower body weight," wrote study author Jay Teachman, a sociologist. "Cohabitators and married respondents tend to weigh more."

Perhaps not surprising, people who had broken up with their live-in love lost weight - which Teachman attributed to stress. But that weight loss was temporary.

The findings offer a different spin on the outpouring of research touting the health benefits of married life.

©2015 Star Tribune (Minneapolis)

Distributed by Tribune Content Agency, LLC.

Citation: Does living alone make you thinner? (2015, December 16) retrieved 6 May 2024 from <https://medicalxpress.com/news/2015-12-thinner.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.