



OBESITY AND QUALITY OF SLEEP, QUALITY OF LIFE AND INSOMNIA IN COLOMBIAN WOMEN IN CLIMACTERIC

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Objective: To establish the correlation between Body Mass Index (BMI) and Quality of Life (QoL), sleep quality and insomnia.

Methods: Cross-sectional study carried out in women aged between 40-59 years subdivided according to the BMI; resident in the Pacific and Caribbean Coasts, and belong to mestizo, afro-descendant and indigenous ethnic groups. The Menopause Rating Scale (MRS), the Pittsburg Sleep Quality Index (PSQI), the Athens Insomnia Scale (AIS) and a general questionnaire were applied. The Spearman Correlation (r) was calculated with the SPSS-15 statistical program. A $p < 0.05$ was considered as statistically significant.

This research is part of the CAVIMEC (Calidad de Vida en Menopausia y Etnias Colombianas) research project.

n=3252	RESULTS
Age	48 [IQR:8]
BMI	25.6 [IQR:5.6]
Overweight	1381 (39.1%)
Obesity	Grade I: 437(12.4%)
	Grade II: 135(3.8%)
	Grade III: 21(0.6%)
Ethnicity	Indigenous: 487(13.8%)
	Mestizo: 2404 (68.2%)
	Black 634 (17.9%)
Status	Premenopausal: 1141(32.3%)
	Perimenopausal: 685 (19.4%)
	Postmenopausal: 1699 (48.2%)
Pathology	Diabetes: 273 (7.7%)
	Hypertension: 549(15.5%)

RANGE OF OBESITY (n)	GOOD SLEEP QUALITY	BAD SLEEP QUALITY	WITHOUT INSOMNIA	WITH INSOMNIA
Underweight (97)	51.5 [41.2-61.8]	48.5 [38.2-58.8]	72.2 [62.1-80.8]	27.8% [12.9-37.9]
Normal (1454)	48.7 [46.2-51.4]	51.2 [48.6-53.8]	68.4 [65.9-70.7]	31.6% [29.3-34.1]
Overweight (1381)	46.7 [44.1-49.4]	53.2 [50.6-55.9]	65.4 [62.8-67.9]	34.6 [32.1-37.2]
Obesity I (437)	50.5 [45.8-55.3]	49.4 [44.7-54.2]	68.0 [63.3-72.3]	32.0% [27.7-36.7]
Obesity II (135)	41.4 [33.1-50.3]	58.5 [49.7-63.9]	74.8% [66.6-81.9]	25.2 [18.1-33.4]
Obesity III (21)	57.1 [34.0-78.2]	42.9 [21.8-66.0]	61.9 [38.4-81.9]	31.8 [18.1-61.6]
TOTAL (3252)	1693 48.1%	1832 51.9%	2378 73.1%	1147 35.2

A weak positive correlation was observed between BMI and somatic ($r=0.20$), psychological ($r=0.17$) and urogenital deterioration ($r=0.15$) and QoL ($r=0.2$). $P < 0.05$. The correlation between BMI and PSQI score ($r=0.020$) and BMI and AIS ($r=0.004$) were not significant.

Conclusions: In a group of Colombian women, the BMI had weak positive correlation with the deterioration of the QoL. The correlation between BMI and sleep quality, and insomnia were not significant.

