



CENTRAL OBESITY (CO) AS RISK FACTOR FOR SLEEP QUALITY AND INSOMNIA IN CLIMACTERIC AFRO-DESCENDANT WOMEN



Arteta-Acosta Cindy, Monterrosa-Castro Alvaro, Parra-Almeida Sally

Research Group "Salud de la Mujer". Facultad de Medicina. Universidad de Cartagena. Colombia
 This research is part of the CAVIMEC (Calidad de vida en Menopausia y Etnias Colombianas) project

Objective: To establish if the central obesity (CO) is risk factor for the general sleep quality, the impact of sleep in the daily activities and insomnia

Methods: Cross-sectional study carried out in afro-descendant women, natives and residents in municipalities from Urabá, Colombia, with ages between 40-59 years; who were invited to participate voluntarily in 2013 by pollsters previously trained. A socio-demographic questionnaire and the Athens Insomnia Scale (AIS) in its Spanish version were applied. Also anthropometric measurements were taken. CO was defined as the presence of abdominal circumference higher to 88 centimeters. Each item of the AIS is assessed since 0 (without problem) until 3 (serious problem). A total score higher to 5 indicates presence of insomnia. Data analysis was carried out with Epi-Info 7 and MedCalc.

SOCIO-DEMOGRAPHIC DATA N=461	WITH CENTRAL OBESITY n =161 (34.9%)	WITHOUT CENTRAL OBESITY n = 300 (65.1%)
	X±SD	
Age	49.5 ± 5.4	50.6 ± 5.3
BMI	28.5 ± 5.1	27.1 ± 4.1
Abdominal circumference	94.6 ± 5.1	76.7 ± 6.4
Education	8.3 ± 3.8	8.4 ± 4.4
Parity	5.0 ± 3.0	4.3 ± 2.6
	%[CI95%]	
Hypertension	37.8 [30.3-45.8]	42.3 [36.6-48.1]
Diabetes	21.1 [15.0-28.2]	25.0 [20.2-30.3]
Premenopause	42.2 [34.5-50.2]	32.0 [26.7-37.6]
Perimenopause	13.0 [8.2- 19.2]	16.3 [12.3-21.0]
Postmenopause	44.7 [36.8-52.7]	51.6 [45.8-57.4]

CO AS RISK FACTOR	OR	CI 95%	P
QUALITY OF SLEEP	1.2071	0.82-1.77	0.34
IMPACT OF SLEEP	1.0700	0.69-1.63	0.75
INSOMNIA	1-2770	0.86-1.88	0.22

ATHENS INSOMNIA SCALE (To greater score, worse results)	WITH CENTRAL OBESITY n =161 (34.9%)	WITHOUT CENTRAL OBESITY n = 300 (65.1%)	P Value
1. Sleep induction	0.6 ± 1.6	0.5 ± 0.6	0.11
2. Awakenings during the night	0.8 ± 0.6	0.8 ± 0.6	0.90
3. Final awakening earlier than desired	0.6 ± 0.5	0.5 ± 0.5	0.60
4. Total sleep duration	0.5 ± 0.6	0.4 ± 0.5	0.02
5. Overall quality of sleep	0.5 ± 0.6	0.4 ± 0.5	0.10
6. Well-being during the day	0.5 ± 0.6	0.4 ± 0.6	0.03
7. Functioning capacity during the day	0.4 ± 0.5	0.3 ± 0.5	0.04
8. Sleepiness during the day	0.8 ± 0.6	0.7 ± 0.5	0.10
TOTAL SCORE	5.0 ± 3.7	4.4 ± 3.4	0.07
QUANTITATIVE ASSESSMENT	2.6 ± 1.9	2.3 ± 1.9	0.15
QUALITY OF SLEEP	0.5 ± 0.5	0.4 ± 0.6	0.16
IMPACT OF SLEEP ON DAILY ACTIVITIES	1.8 ± 1.5	1.5 ± 1.3	0.03
INSOMNIA	42.8%	37.0%	<0.05

Conclusions: Central Obesity was not risk factor for subjective characteristics of sleep in afro-descendant women from the west region of Colombia.

