



ABDOMINAL OBESITY AS RISK FACTOR FOR DETERIORATION OF THE QUALITY OF LIFE IN AFROCOLOMBIAN WOMEN



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Objective: To identify if abdominal obesity (AO) is risk factor to severe deterioration of quality of life in afro-colombian women.

Methods:

Cross-sectional study. Afro-colombian women with ages between 40 -59 years were included. A sociodemographic questionnaire, the Menopause Rating Scale (MRS) were carried out and the anthropometric measurements were took. Participant women defined themselves as afro-colombian.

Abdominal obesity (AO) was defined as the presence of abdominal circumference higher to 88 centimeters, which was taken on foot and to umbilical level.

The highest scores of the items, domains and total punctuation of the MRS define greatest severity of symptoms, domain deterioration and worse quality of life.

A bivariate and a stepwise logistic regression analysis were done. Data analysis was carried out with Epi-Info 7 and Med-Calc statistical programs. There was not impact in the integrity of participants.

SOCIODEMOGRAPHIC CHARACTERISTICS

N=461 women

Age , X±SD	50.2 ± 5.4
Education (years)	8.3 ± 4.2
With coffee consumption, (%) [CI]	63.7 [59.1-68.1]
With partner, (%) [CI]	80.0 [76,0-83.5]
Body mass index, X±SD	27.6± 4.5
Waist Circumference, X±SD	83.0 ± 10.4
Overweight (%)	50.5 %
Obesity (%)	23.9 %
Abdominal Obesity (%)	34.9%
Premenopause (%)	35.5%
Perimenopause (%)	15.4%
Postmenopause (%)	49.1%

ABDOMINAL OBESITY (AO) AND SEVERE DETERIORATION DOMAINS MRS

		SOMATIC SYMPTOMS	PSYCHOLOGICAL SYMPTOMS	UROGENITAL SYMPTOMS	QUALITY OF LIFE
AO	OR	1.85	2.0	1.13	2.0
	CI 95%	1.03-3.32	1.08-3.70	0.74-1.70	1.24-3.21

Conclusion: The abdominal obesity was associated two times more with severe deterioration of the quality of life in afro-colombian women.

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