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

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Introduction: The assessment of the quality of life (QoL) is one of the central axes of the attention in health of climacteric women. Obesity is considered a worldwide epidemic. Objective: To establish the correlation between Body Mass Index (BMI) and QoL, sleep quality and insomnia. Methods: Cross-sectional study that is part of Calidad de Vida en Menopausia y Etnias Colombianas (CAVIMEC) project, carried out in women aged between 40-59 years subdivided according to the BMI; resident in the Pacific and Caribbean Coasts, belong mestizo, afro-descendant and indigenous ethnic groups. The Menopause Rating Scale (MRS), the Pittsburg Sleep Quality Index (PSQI), the Athens Insomnia Scale (AIS) and general questionnaire were applied. The Spearman Correlation (rs) was calculated with the SPSS-15 statistical program. A p<0.05 was considered as statistically significant. Results: 3525 women were involved. Age: 48 years [IQR:8], weight 68 kg [IQR:15]. Diabetic: 7.7%, arterial hypertension: 15.5%, habitual use of coffee: 71.4%, current smokers:8.4%, education: 11 years [IQR:7]. BMI:25.6 [IQR:5.6], underweight:2.7%, normal: 41.2%, overweight: 39.1%, obesity-I: 12.4%, obesity-II: 3.8%, obesity-III: 0.6%, use of hormonal therapy (HT): 11.5%, offspring: 3 [IQR:2], premenopausal: 32.3%, perimenopausal: 19.4% and postmenopausal: 48.2%. A weak positive correlation was observed between BMI and somatic deterioration (r=0.20), BMI and psychological deterioration (r=0.17), BMI and urogenital deterioration (r=0.15) and BMI and QoL (r=0.2). P<0.05. The correlations 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 somatic, psychological and urogenital domains and the QoL. The correlations between BMI and sleep quality and BMI and insomnia were not significant.