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To Assess the Knowledge Regarding Risk Factors of Obesity Among Menopausal Women

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Abstract

Introduction: The world health organization claims that since 1975, the rate of obesity has almost tripled globally, nearly 650 million adults were obese and nearly 1.9 billion over-weights in 2016. Some of the common risk factors associated with obesity in menopausal women include hormonal changes, sedentary lifestyles, genetic predisposition, dietary habits, and lifestyle choices. **Methodology**: The study design was non-experimental descriptive research approach. Total 100 samples were selected for data collection. A non-probability purposive sampling technique was used to collect data from the samples. Tool was constructed to identify the demographic variables, structured questionnaires regarding the objectives o-f the study. **Result:** Result showed that Data on obesity risk in menopausal women showed that 43 % participants were from 42-52 years, 31% were having 45-48 years, 26 % were from 53 years and above, 40 % participantshad primary education and 30% had secondary and graduation educational status. 54% participants had nuclear family and 46% had having joint family. 52% were house makers, 31% were non-working and 17% were working and 56% had from 1- 4 years, 20% had > 8 years and 24 % had from 5-8 years. The level of knowledge regarding risks factors of obesity among menopausal womens. 60% were having poor knowledge, 37% were having average knowledge, and 7% were having good knowledge. **Conclusion:** As statistically there is significant association between numbers of years after menopause. Although the 60% were having poor knowledge, 37% were having average knowledge; 7% were having good knowledge.

***Key Words*:** Knowledge, Risk Factor, Menopausal, Obesity, Women

Introduction

Obesity is a significant health concern for menopausal women, as it can exacerbate the risk of developing various health issues. During menopause, hormonal changes can lead to weight gain, particularly around the abdomen. This weight gain is not just a matter of aesthetics but is associated with increased risks for several diseases. **Physiological Changes**: As women approach menopause, the body's metabolism slows down, and there is a natural decline in the hormone estrogen[1]. This hormonal change is linked to an increase in abdominal fat, which is a known risk factor for cardiovascular disease, type 2 diabetes, and certain cancers[2].

Lifestyle Factors: Sedentary lifestyles and poor dietary choices can also contribute to obesity in menopausal women. With age, there may be a decrease in physical activity, and caloric needs also decline. However, if dietary habits do not change accordingly, this can lead to weight gain[3].

Psychosocial Factors: Menopause can also be a stressful time due to the significant changes happening in the body. Stress can lead to emotional eating and increased intake of high-calorie foods, which can contribute to obesity[3].

Health Risks: Obesity in menopausal women is particularly concerning because it increasesthe risk of developing other health conditions. Additionally, obesity is a risk factor for several types of cancer, including breast cancer post-menopause[4].

Prevention and Management: It is crucial for menopausal women to be aware of these risks and take proactive steps to manage their weight. This includes adopting a healthy diet, engaging in regular physical activity, and seeking support for psychological well-being. Healthcare providers can offer guidance on lifestyle modifications and, if necessary, medical interventions to manage obesity and its associated risks.

In conclusion, menopausal women face unique challenges regarding obesity and its related health risks. Understanding these factors is the first step towards taking control of one's health during this transition.

Need of the Study

A study conducted in Pune city between April 2018 and March 2019 concentrated on middle-aged women aged 40 to 60 years to investigate the risk factors associated with obesity during menopause. The research encompassed a sample of 400 women and collected data on socio-demographic characteristics, menstrual history, personal health records, and the severity of menopausal symptoms using the Menopausal Rating Scale.

This investigation revealed several significant risk factors contributing to obesity among menopausal women, which encompassed lifestyle choices, family history, social relations, behavioral factors, urbanization, and time constraints. Despite expressing an inclination towards weight loss and physical activity, participants showed discrepancies between survey responses and interview-based insights, particularly regarding dietary behaviors. The study's outcomes are poised to provide valuable insights into knowledge gaps and the specific risk factors fueling obesity in menopausal women in Pune. These insights are critical for devising effective strategies and interventions to foster healthy living and avert obesity-related complications in this demographic. A comprehensive understanding of these risk factors enables healthcare providers and policymakers to tailor interventions that tackle the distinctive challenges encountered by menopausal women in sustaining a healthy lifestyle.

This targeted approach will not only aid individual women in managing their weight and overall health but will also contribute to broader public health initiatives aimed at curbing the prevalence of obesity-related diseases within the community. The findings from this study underscore the importance of addressing multifaceted risk factors in obesity prevention strategies tailored specifically to menopausal women, thereby fostering better health outcomes and quality of life in this population.

Research Methodology

The study design was non-experimental descriptive research approach. Total 100 samples were selected for data collection. A Non-probability purposive sampling technique was used to collect data from the samples. Tool was constructed to identify the demographic variables, structured questionnaires regarding risk factors of obesity in menopausal women.

Results

The data has been examined and organized into the following sections.

SECTION 1: Detailed description of the socio demographic characteristics of menopausalwomen

SECTION 2: Risk factors of obesity in menopausal women from the selected areas ofPune city

SECTION I: DESCRIPTION OF SOCIO DEMOGRAPHIC VARIABLESOF MENOPAUSAL WOMEN

- Describe the finding related to demographic variable (age) of participants. It shows the majority of participant i.e. 43% belonged to the age group 49-52 years where as only 26% belonged to age 53 above.

- Describe the finding related to demographic variable (educational status) of participants. It shows the majority of participant i.e. 40% has primary education.
- Describe the finding related to demographic variable (type of family) of participants. It shows the majority of participant i.e. 54% has living in joint family.
- Describe the finding related to demographic variable (nature of work of women) of participants. It shows the majority of participant i.e. 52% is house maker women where as only 17% womens are working.
- Describe the finding related to demographic variable (total number of years after menopause) of participants. It shows the majority of participant i.e. 56% womens have menopause after 1-2 years.
- Describe the finding related to demographic variable (do you have any information aboutmenopause) of participants. It shows the majority of participant i.e. 64% was not having information about menopause.

Section Ii: Finding Related to Level of Knowledge Regarding Risk Factors of Obesity Among Menopausal Women's In Selected Area Of Pune City.

n=100

LEVEL OF KNOWLEDGE	F	%	Mean	SD
POOR (0 - 7)	37	61%	8.4	2.16746
AVERAGE (8-13)	60	32%		
GOOD (14-20)	3	7%		

Discussion

The research discussed in this narrative focused on investigating the implications of menopause on obesity risk factors among women. Termed "Weight, Shape, & Body Composition Changes during Menopause," the study aimed to examine the association between menopausal transitions and the development of obesity. Specifically, the study highlighted the accumulation of visceral or peri-abdominal fat and significant alterations in body composition that are commonly linked to menopause. Notable changes in energy expenditure and spontaneous physical activity were also observed during this life stage, potentially contributing to increased risk of weight gain and associated health hazards.

The study underscored the complex interplay of various factors such as estrogen, gonadotrophins, gut hormones, And sleep patterns in influencing body composition changes during menopause. It emphasized the importance of further research to advance our understanding and develop more effective treatments for managing weight-related issues in menopausal women. In a specific investigation conducted among middle-aged rural women in North India, the study aimed to explore the relationship between menopausal symptoms and obesity. The research employed a population-based approach, involving women aged 40 to 60 over a year-long period from April 2018 to March 2019. The findings revealed that a significant proportion of menopausal women—35.5%—were classified as obese, with an additional 26% falling into the overweight category. The average body mass index (BMI) among participants was measured at 23.9 ± 4.8, and the mean age was 53.6 ± 5.1 years.

Moreover, the study uncovered noteworthy correlations between obesity and various health conditions such as joint and muscular discomfort, hypertension, as well as socioeconomic and literacy levels. These findings underscored the critical need for focused attention and integrated health approaches to address obesity-related issues in menopausal women, aiming to prevent associated morbidity within this demographic. The study's implications call for a comprehensive understanding of the pathophysiology of body composition changes during menopause, alongside the development of effective treatment and management strategies to support women's health during this life stage.

Conclusion

Statistically, there is a significant association between the number of years after menopause and levels of knowledge about health risks. A study revealed that 60% of women surveyed had poor knowledge regarding this subject, while 37% had average knowledge, and only 7% demonstrated good knowledge. The overall mean knowledge score was found to be 8.4 ± 2.61, highlighting a general lack of awareness and understanding. These findings underscore the critical need for increased emphasis on health education initiatives aimed at raising awareness about the risks associated with obesity, which emerges as a primary factor contributing to various diseases. Postmenopausal women, particularly, could benefit from targeted education campaigns that highlight the specific health implications related to obesity at this stage of life.

By prioritizing health education, healthcare providers and policymakers can play a pivotal role in empowering women to make informed decisions about their health. Addressing gaps in knowledge and promoting preventive measures against obesity can significantly contribute to improving overall health outcomes and reducing disease burden among postmenopausal women. Efforts should focus on disseminating accurate information through various channels, including community outreach programs, digital platforms, and healthcare settings, to ensure that women have access to the knowledge they need to make healthier lifestyle choices and mitigate potential health risks associated with obesity.

Conflict of Interest

The authors certify that they have no involvement in any entity withany financial/ non-financial interest in the subject matter or materials discussed in this paper.

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Dissemination of Findings

The findings may be communicated by journal publication and standardization, presentations, symposia, conferences, and health education.

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