EFFECT OF OBESITY AND STRESS ON WAIST HIP RATIO, CONICITY INDEX AND BODY FAT PERCENTAGE IN PRE AND POSTMENOPAUSAL WOMEN

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Abstract - Stress induced Obesity is a rapidly growing problem globally. Prevalence of various diseases has been associated with body fat in premenopausal and postmenopausal women. Menopause is a major turning point in women's reproductive and emotional life.The transformed hormonal status in the menopause accelerates the risk of various diseases. We studied 142 female subjects constituting women before menopause between the age group of 18–44 years and women after menopause between the age group of 45–60 years were included in this study. Participants were categorized into overweight/obese groups based on the body mass index. The Perceived Stress Scale (PSS) the major tool was used for measuring the perception of stress. Based on the stress scale measurement the premenopausal with stress and postmenopausal with stress groups were classified. A significant increase ($p<0.001$) in the waist hip ratio, conicity index and body fat percentage in the post-menopausal women with stress was observed when compared to the premenopausal women with stress. The results of the study suggest that stress and obesity are risk factors for women in postmenopausal age.Reducing stress and obesity might decrease the body fat and this in turn helps the individual to lead improved quality life. Stress reduction with life style modifications hold promise for ameliorating the effects of chronic stress and obesity on body fat.

Key words: Obesity, Stress, menopause, life style Modification