

## **Epidemiology of High Body Mass Index and Its Relationship with Menarche Age in Middle-aged Women with Emphasis on Physical Activity**

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### **Abstract**

**Introduction:** Obesity is one of health problems and is also risk factor for some of diseases. Several different reports published the prevalence of obesity in Iran, but so far no accurate estimate of the rate of obesity has been reported in women with emphasis on physical activity. This study determined epidemiology of high body mass index and its relationship with menarche age in middle-aged women with emphasis on physical activity.

**Materials and Methods:** These descriptive analytic was cross-sectional study that was done on 381 Neyshabur women in 1390. In this study, two questionnaires use to collect information from a questionnaire comprising 55 questions in five sections: personal characteristics, socioeconomic, nutritional status, fertility, and demographic and other was Baek habitual physical activity questionnaire. For result analysis was used descriptive statistics, ANOVA test and other different types of correlation coefficient.

**Results:** The results showed that the prevalence of obesity was 30/4%, over weight 45/5% and abdominal obesity 93.2%. Furthermore, it was showed the lower age of menarche, body mass index of women was higher ( $P=0.005$ ). Rating of physical activity incidence during work and exercise in lean women was higher than other groups.

**Conclusion:** By the high prevalence of obesity in Neyshabur authorities and relevant agencies should be ponder alternatives modification on lifestyle, nutritional status and physical activity in woman.

**Keywords:** Obesity, Women, Physical activity, Nutrition status