

Prevalence of Obesity in Working Premenopausal and Postmenopausal Women of Jalandhar District, Punjab

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ABSTRACT For the present cross-sectional study, 595 women (330 premenopausal and 265 postmenopausal) subjects were selected by personal interview. A questionnaire was filled to know the required reproductive history of the subject. Obesity was assessed according to Body Mass Index, Waist-Circumference and Waist-Hip-Ratio. The prevalence of obesity was found more in postmenopausal women as compared to premenopausal women according to Body Mass Index, Waist Circumference as well as Waist- Hip Ratio. According to Body Mass Index, the prevalence was 70.30% and 75.09% in pre- and postmenopausal women, respectively. Similarly the prevalence of central obesity according to Waist Circumference was 75.15% and 89.05% in pre- and postmenopausal women, respectively where as according to Waist-Hip Ratio this prevalence was 74.54% in premenopausal women and 87.92% in postmenopausal women of Jalandhar District, Punjab.