

## Obesity in post menopausal women of Punjab

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■ **ABSTRACT** : The present study was conducted to assess the prevalence of obesity by surveying 300 postmenopausal women in the age group of 45-60 years selected randomly from Punjab Agricultural University campus. The body mass index of the subjects was calculated on the basis of weight and height. The international classification (WHO, 2004) was used to assess the prevalence of obesity. The results revealed that mean age of menopause was  $48.93 \pm 2.04$  years. The prevalence rate of obesity was 25 per cent followed by overweight as 46 per cent and normal as 28 per cent. The prevalence of chronic diseases revealed that hypertension was the major risk factor (33%) followed by diabetes (26%) and hypercholesterolemia (13%). Obesity is the most prevalent risk factor in the post menopausal women hence, there is need to control obesity in this age group to stay healthy.

■ **KEY WORDS**: Chronic diseases, Obesity, Overweight, Post menopausal women

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