

Obesity and its relation to depressive symptoms and sedentary lifestyle in middle-aged women

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© 2014 Elsevier Ireland Ltd. All rights reserved. **Background** The prevalence of obesity increases during female mid-life and although many factors have been identified, data from Latin America is lacking. **Objective** To assess factors related to obesity among middle-aged women and determine the association with depressive symptoms, sedentary lifestyle and other factors. **Methods** A total of 6079 women aged 40-59 years of 11 Latin American countries were asked to fill out the Goldberg Anxiety and Depression Scale, the Menopause Rating Scale, the Athens Insomnia Scale, the Pittsburgh Sleep Quality Index and a general questionnaire containing personal socio-demographic data, anthropometric measures and lifestyle information. Obesity was defined as a body mass index

(BMI) ≥ 30 kg/m². Results Obesity was observed in 18.5% and sedentary lifestyle in 63.9%. A 55.5% presented vasomotor symptoms, 12.2% had severe menopausal symptoms and 13.2% used hormone therapy for the menopause. Prevalence of depress