



OBESITY AND PARTICIPATION IN EXERCISE ON GREEK WOMEN ON FIVE DECADES OF THEIR LIFE

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The aim of the present study was to investigate obesity on women. For this reason 237 women that separated on five groups by age, were examined. Group A consisted of women on the 3rd decade of their life (20-29 years old), Group B of women on the 4th decade (30-39 years old), Group C of women on the 5th decade (40-49 years old), Group D of women on the 6th decade (50-59 years old) and Group E of women on the 7th decade (60-69 years old). Measurements of women's height and body weight were performed. The Body Mass Index (BMI) was used for the evaluation of the degree of overweight and obesity, according to the values for adults set by World Health Organization (WHO). For the statistical analysis the statistic packet SPSS/PC version 12.0 for windows was used. From data statistical analysis it was found out that group A had BMI 21.84±3.70 kg/m², group B 23.47±3.47 kg/m², group C 25.64±3.97 kg/m², group D 26.49±3.79 kg/m², and group E 26.74±3.93 kg/m². Women's classification as for BMI showed that the 8.7% of Group A was underweight, 73.9% had normal weight and 17.4% was overweight and/or obese. In regard on women of group B, only a 1.8% of them were underweight, 71.7% had normal weight and 26.5% was overweight and/or obese. In group C, a 1.5% of the women were underweight, 45.3% had normal weight and 53.2% were overweight and/or obese. In group D, there was no underweight woman, while the bigger percentage (60.0%) were overweight and/or obese, while smaller percentage of them (40.0%) had normal weight. Finally, in Group E, the overweight and/or obese women percentage increases dramatically to 72.8%, while the normal weight women percentage decreases even more to 27.2%. In addition, one-way Anova showed that the decade of life influence the years of participation in exercise (F=8.22, p<0.001), indicating that as the decade of life increased, the years of participation in exercise decreased. Correlation analysis showed that BMI was correlated negatively to the years of participation in exercise (r=-0.307, p<0.01). Consequently, it could be said that, although there were observed high percentages of excess weight and obesity that increased with the age, these percentages could be decreased with the regular and not occasional participation in exercise during the whole life.

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