

Adherence to Mediterranean Diet and Physical Activity Level in Greek Menopausal Women

EI.Papadima¹, T. Vassilakou², L.Michala¹

¹ 1st Department of Obstetrics and Gynecology, NKUA, ² University of West Attica

Introduction

Menopausal women often find it difficult to follow the usual guidelines for nutrition and exercise. It is already known that adherence to the Mediterranean diet acts protectively on cardiovascular disease, obesity and osteoporosis.

Objectives

The aim of this cross-sectional study was to investigate the level of adherence to Mediterranean diet, the physical activity levels and the quality of life in a sample of postmenopausal women. The aim was to estimate the potential correlations between these three factors, as well as BMI and years from menopause, and to highlight any difference found.

Materials & Methods

Women were approached during their visit in a hospital based clinic for the menopause and the climacteric or primary care centres.

Adherence to the Mediterranean dietary pattern, was evaluated through a validated questionnaire for Greek population (MedDietScore). Physical activity level was estimated using the Greek validated version of the International physical Activity Questionnaire (IPAQ, short- self answered – 7 items). The quality of life (QoL) of women was evaluated by the Greek version of MENQOL, which was translated and validated by our team.

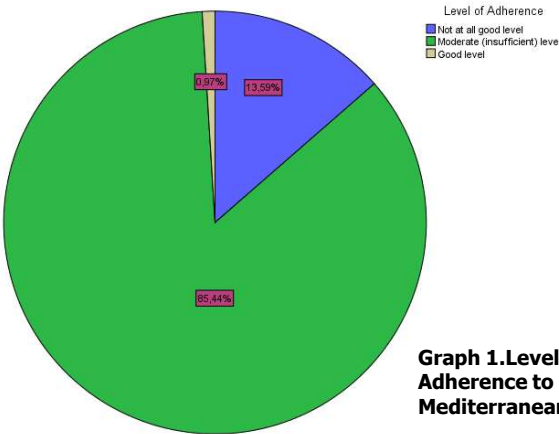
Data were analyzed by SPSS 20.0.

Results & Discussion

We included 105 women in this study. Their mean age was 56.9 ± 4.55 years and most were overweight (mean BMI 27.1 ± 5.66 Kg/m²). Their mean time from the menopause was 7.8 ± 5.38 years. The majority (85.4%) adhered moderately to the Mediterranean diet, and only 1% had good compliance (Graph 1).

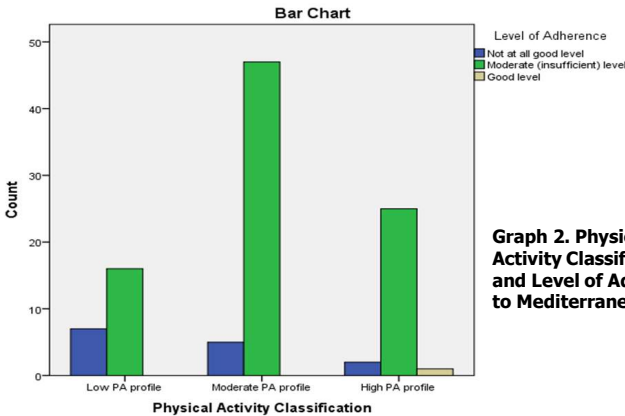
51% of women engaged in moderate, 22.1% in low and only 26.9% had a high physical activity profile.

The vasomotor domain had the lowest impact in the QoL and was negatively correlated to years from menopause (Spearman p-value = 0,004).



Graph 1. Level of Adherence to Mediterranean diet.

The few women that were perfectly adherent to the Mediterranean diet were also more likely to engage in higher level of physical activity. (Graph 2)



Graph 2. Physical Activity Classification and Level of Adherence to Mediterranean diet.

Conclusions

1. Adherence to Mediterranean diet is correlated with level of physical activity in Greek menopausal women.
2. There was no statistical significant difference between quality of Life and MedDiet Score.
3. The quality of life and the physical level didn't differ according to BMI levels.