

Adiposity, healthy lifestyle and physical activity levels in housewives and women with paid employment in Chile [Adiposidad corporal, estilos de vida y nivel de actividad física en mujeres dueñas de casa y trabajadoras remuneradas chilenas]

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Lifestyle behaviours among women who take care of their home duties (housewives) and women who are currently working in paid employment is unknown in the Chilean population. The aim of this study was, therefore, to characterise adiposity, lifestyle behaviours and physical activity levels in housewives and women with paid employment in Chile. A total of 2,231 women from the National Health Survey 2009-2010 were included in this study. Adiposity markers (body weight, body mass index and waist circumference), lifestyle behaviors and physical activity were measured using self-reported questionnaires. The main findings of this study was that housewives had a higher body mass index (27,9 vs. 20,0 kg/m², p<0,0001) and waist circumference (98,3 vs. 95,6 cm, p<0,0001)

than women with paid-employment. Physical activity levels were lower (transport PA 42,5 vs. 51,5 min/day, $p= 0,009$, moderate PA 94,2 vs. 128,4 min/ day, $p<0,0001$ and vigorous PA 25,06 vs. 53,49 min/day, $p<0,0001$) and sedentary-related behaviours (2,71 vs. 3,26 hours/day, $p<0,0001$) were higher in housewives compare to women with paid-employment. Dietary behaviors showed that housewives consume less alcohol (30,5 vs. 43,2 g/day, $p= 0,021$) than women with paid-employment. © 2019, Sociedad Chilena de Nutricion Bromatologia y Toxilologica. All rights reserved.

Adiposity

Eating Behavior

Exercise

Lifestyle

Obesity

Women