

Title: Menopause and its influence on the weight status of women with an Intellectual Disability (ID), when controlling for confounding factors.

Name: Judy Ryan

Authors: Ryan, J., Carroll, R., Byrne, D., McCallion, P., McCarron, M. and Burke, E.

Trinity College, Dublin, The School of Nursing & Midwifery, The University of Dublin, Trinity College, Dublin 2

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Introduction: Menopause status influences central adiposity when measured using waist circumference and waist to hip ratio, adjusting for weight (BMI), Barthel index and activity levels in women with an intellectual disability.

Methodology: Evidence for this study emanates from the Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing. Objective measures of height and weight, waist circumference and waist to hip ratio were obtained from 350 women with an intellectual disability (ID) in wave 2 of the IDS-TILDA study. Menopause status was categorised as pre (reporting continuation of menses) and post (self-reported 12 month of amenorrhea). Participant's reported their menopause status. Barthel index was calculated to measure performance in activities of daily living along with the International Physical Activity Questionnaire (IPAQ). Logistic regression was conducted to determine the magnitude of the relationships between menopause and waist circumference controlling for all other variables in the model.

Results: In total 75% (n=262) of women had experienced the menopause. Waist circumference measures for substantially increased risk of metabolic syndrome were apparent in 82.8% of participants. Waist-to-hip-classification was high in 80.1%. Barthel index revealed severe dependency in 51.5% participants with just 1.2% engaging in a high level of physical activity (IPAQ).

Conclusion: Menopause, as a foreseeable life stage in the lives of women with an ID. Accentuating central adiposity and associated risk factors for women with an ID who have experienced the menopause will inform behaviour and lifestyle change.

Biography

Judy Ryan RNID, PGDip, Dip., MSc PhD Student

Judy is a Registered Nurse in Intellectual Disability (RNID) and a PHD Student from Trinity College Dublin. She is a member of the Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing (IDS TILDA) research team. This longitudinal research study is examining ageing in intellectual disability in Ireland. Her research area of interest is obesity in adults with an intellectual disability (IDS TILDA) and she has both published and presented her research internationally.

Judy is the Director of a regional Nurse and Midwifery Planning and Development Unit for the Health Service in Ireland. With 30 years' experience in nursing, Judy has worked in intellectual disability services in Ireland, Scotland and the UK and is a member of the International Association for the Scientific Study of Intellectual and Developmental Disability (IASSIDD) and Nursing Network Intellectual Disability Ireland (NNIDI).

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Presenting author details
Full name: Judy Ryan
Contact number: +353 868599324:

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