



POSTER PRESENTATION

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# Association between overweight-obese girls and age of menarche

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Menarche is the first period of menstruation in woman reproduction cycles. Several epidemiology study revealed the earlier onset of age of menarche. Better nutritional status, e.g. overweight-obese, is considered as one factor contributes to this condition. We want toknow the asso- ciation between overweight-obese girls and age of menarche.

A cross sectional study was performed in SDN 1 Kleco Surakarta (elementary school) students in April 2012. All girls, aged 8-12 years old were included to this study. Nutritional status was measured anthropometi- cally for calculating and plotting the body mass index (BMI) for age based on CDC 2000 growth chart. We concluded overweight-obese girl if BMI for age >85 per- centile. An interview was done to know the age of menarche. Of 179 girls, 35 (19.6%) subjects were over- weight-obese; 10 (5.7%) obese and 25 (13.9%) overweight girls. Twenty six subjects (14.5%) have had period of menarche when we did this study. Means of age of menarche is 10.72 (SD 0.89) years old; the youngest age of menarche is 9 years old (2 subjects, 7.7%). Seven sub- jects that had period of menache (27%) are overweight- obese. Chi-square test showed no association between overweight-obese girls and episod of age of menarche (odd ratio 1.64, 95%CI 0.63-4.39). Kruskall-Wallis test revealed no association between overweight-obese girls and means of age of menarche ( $p=0.906$ ,  $p>0.05$ ). This results suggest that there is no association between overweight-obese girls and means of age of menarche.

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