



ABDOMINAL OBESITY IN FEMALE NIGHT SHIFT WORKERS

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The world is in economic development and our society is migrating to a 24-hour system. Night shift work is now a reality for 20% of workers in Europe and North America. Women represent an important part of this population. Recently, studies have related night shift work with some health problems, such as metabolic syndrome and obesity. We conducted a systematic review searching in electronic databases (Pub Med, LILACS and Medline) with the description ("shift work" OR "night work") AND ("abdominal obesity" or "central obesity"). In this study, we found 85 studies. After the reviewers read the titles and abstracts, nine articles were compatible with the objective: to evaluate the association between abdominal obesity and night work in women population. Studies that did not have women or measures of abdominal obesity were excluded. Three studies were only with women and others with a mixed population, but female dominance. We included eight cross-sectional studies and one cohort study. Four Brazilian articles met the inclusion criteria. Most of the studies used cut-off point for abdominal obesity (AO), waist circumference (WC) above 88cm for women. All nine articles showed a positive association between night shift work and abdominal obesity. This result was significantly related to the women population and mixed population. It may be associated with poor quality and reduced hours of sleep that night shift workers presented in these studies. Night shift work may lead to lifestyle changes, including sleep deficiency, changes in eating patterns and decreased physical activity during leisure time, all of which have been associated with weight gain and obesity. More studies are needed to clarify the impact of night work on women's lives and to understand the biological mechanisms involved.

Palavras-chave: Night Shift Work, Abdominal Obesity

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