

# Jordan University of Science and Technology

## The relationship between body mass index and periodontitis among postmenopausal women

**Authors:** Rola Al Habashneha,□ , Wesam Azar a , Ashraf Shaweeshb, Yousef Khader

**Abstract:** Background Periodontitis and overweight/obesity prevalence are both increasing worldwide. Overweight/obesity has been suggested as a risk factor for developing periodontitis. The aim of this study was to determine the association between obesity and periodontitis among postmenopausal Jordanian women. Material and methods Cross-sectional associations between obesity and periodontitis were examined in 400 postmenopausal women aged 50-79 years. All women completed a questionnaire, had a clinical periodontal examination and had their weight and height recorded. Multivariable analysis was carried out using logistic regression with adjustment for possible confounders. Results Based on body mass index (BMI), 23.5% of the women were considered overweight and 70% were obese. Obese participants with BMI  $\geq 25$  had decreased odds (OR) for having periodontitis compared to participants with normal weight (OR: 0.54; 95% confidence interval [CI]: 0.27-0.87). The obese patients showed significantly higher loss of clinical attachment (CAL), calculus, as well as plaque and gingival index and as compared to normal and overweight (p?