Table 1 Sociodemographic characteristics of the postmenopausal women

Sociodemographic characteristic	No. (%) (n = 1 100)
Age (years) [mean (SD)]	50.2 (2.6)
Educational level	
Illiterate	656 (59.6)
Read and write	298 (27.1)
High school and below	112 (10.2)
University and above	34 (3.1)
Occupation	
Housewife	954 (86.7)
Working outside the home	130 (11.8)
Retired	16 (1.5)
Marital status	
Single	28 (2.6)
Married	977 (88.8)
Widowed/separated	95 (8.6)
Parity	
Parous	1008 (91.6)
Nulliparous	92 (8.4)
Age at menopause (years)[mean (SD)]	48.9 (4)
Exercise (times/week)	
< 3	1056 (96.0)
3–	38 (3.5)
> 10	6 (0.5)
Body mass index	
Underweight	38 (3.5)
Normal weight	392 (35.6)
Overweight	476 (43.3)
Obese	194 (17.6)