

Abstract

THESIS: The Effect of Body Mass Index, Physical Activity, and Caffeine Consumption on Hot Flashes in Hispanic Women

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The purpose of this study was to investigate the effects of: 1) caffeine consumption; 2) Body Mass Index (BMI); and 3) frequency and intensity of physical activity on the frequency and severity of hot flashes, in pre-menopausal, peri-menopausal, menopausal and post-menopausal Hispanic women. Ordinary Least Squares regressions indicated there was a statistical significant correlation between daily total estimated caffeine intake with frequency ($R^2=0.078$ ($F_{(8, 207)}=2.2$, $P=0.029$) and severity of hot flashes ($R^2=0.086$ ($F_{(8, 208)}=2.45$, $P=0.015$). Analysis of variance revealed that and increase in frequency of 30 min strength physical activity reduced severity of hot flashes by 0.72 on a hedonic scale ($p<0.05$). Conversely, caffeine intake of 100 mg increased frequency and severity of hot flashes ($p<0.001$, $p=0.004$, respectively).