A Study on Prevalence of Obesity.

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ABSTRACT

Background: Obesity is one of the most common medical disorder in developing and developed countries. Obesity is an abnormal growth of the adipose tissue due to an enlargement of fat cell size or fat cell number. It is a major public health problem world wide including india it is calculated in body mass index BMI Wt/Ht2 in Kg/M2. Aim of the study: To assess the prevalence of general obesity and central obesity in adults. **Methods:** In our study we have examined 650 subjects. Out of these 650 minimum age in 18 years and maximum age is 62 years. This study is conducted during the year June 2016 and May 2017. We have measured the height and weight according to the WHO guidelines by trained paramedical persons. BMI is calculated accordingly. **Result:** Overweight, BMI is between 23 – 24.9Kg/m2 is seen in 14.5% of subjects. Obesity is seen in 2.8%. Subjects according to our study obesity are more in female than males. Prevalence of obesity is maximum in 40 – 50 years age group (48.5%) and minimum in 20 – 30 years age group (8.5%). Based on BMI out of 650 subjects 518 subjects are having normal BMI, 118 subjects were having overweight and 19 subjects are obese. **Conclusion:** The prevalence of overweight and obesity is slowly increasing in india especially is in young adults because of urbanization, Dietary factors, Watching Tv, Using smartphones, so there is need to be intensive by social activists parents, teachers, NGO and private agencies and govt agencies to increase the awareness programs and implement different activities to decreases the prevalence of obesity.

Keywords: Overweight, Obesity, BMI, Complications, BMI, Metabolic Syndrome.

INTRODUCTION

Obesity in defined as excess adipose tissue mass. When abnormal growth of adiposes tissues is due to enlargement of fat cell size, it is called hypertropic obesity when it is due to increase in fat cell number, it is called hypertplastic obesity.[1] The distribution of fat induced by the weight gain affect the risk associated with obesity abnormal fat distribution is seen in 'Android Obesity' peripheral fat distribution is seen in 'gynoid type obesity'[2]. Over weight and obesity are 5th leading causes of global deaths. Obesity is more than doubled since 1980. In 2008 more than 1.4 billion adults, 20years and older were over weight of these over 200 million men and nearly 300 million women were obese.[3]

Obesity in defined as excess adipose tissue mass. Calculated in BMI(Wt/Ht2) in Kg/M2. Excess body fat can also measure by double energy X-ray absorptiometers, waist circumference etc. BMI of 30 is most commonly used as threshold for obesity is both men and women.[1]

Extreme obesity BMI>40 has also increased and affects 4.7% of population.

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Adipose tissues is composed of the lipid storing adipose cell and adipose mess increases by enlargement of adipose cells through lipid deposition.[2]

The complications of obesity includes diabetes mellitus, hypertension, coronary artery obsesses, osteoarthritic and metabolic syndrome, increasing prevalence of obesity in due urbanization, Sedentary life style, decreased physical activity by watching TV's, using smartphones, irregular eating habits etc.[3]

MATERIALS AND METHODS

Classification	BMI
Under Weight	<18.50
Normal weight	18.50-24.9
Over weight	
Pre Obesity	25-29.9
Obesity Class-I	30-34.9
Obesity Class-II	35-39.9
Obesity Class- IV	>40

In our study we have examined 650 subjects with the age group between 20 years and 60 years both males and females . we have caliculate the height and weight by trained persons according to WHO guidelines we have enquired about increase habits, dietary habits, sleep pattern, addictions like smoking, alcoholism and occupational details.

Aim of the study: to access the obesity in adults and to educate them haw to overcome the problem.

RESULTS

Results shown in percentage of adults with BMI, with specification ranges are – normal BMI under 24.9; over wt. BMI 25-29.9; obesity BMI of 304, extreme obesity. According to our study (67.27%). Subjects had BMI<24.9 which is considered as normal weight and 118 subjects were having BMI between 25-29.9 that is over weight(15.32%) and 19 were obese BMI in more than 30(2.46%).
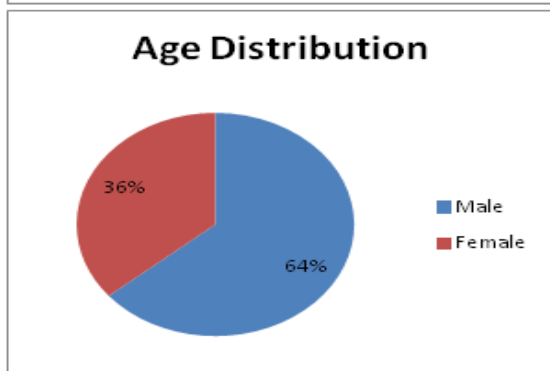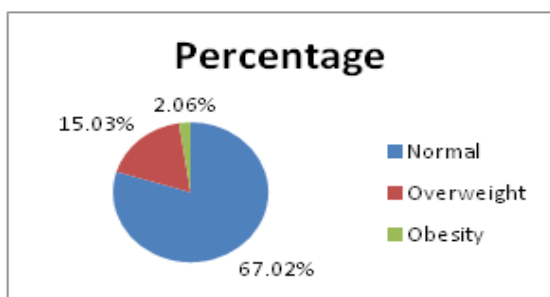
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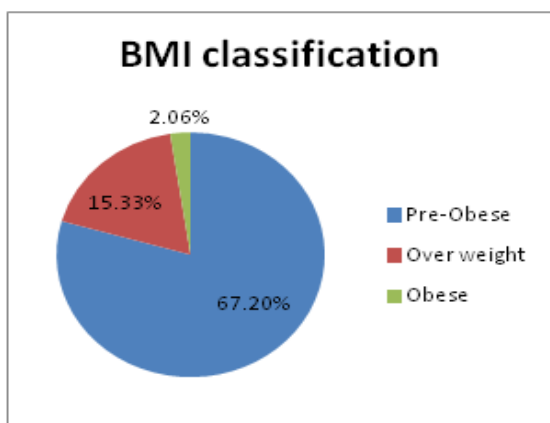
Classification Based on BMI

Total	Normal	Overweight	Obesity
650	518 (67.2%)	118 (15.33%)	1.9 (2.06%)

Age incidence: Depending on age maximum prevalence of obesity is seen in 40-50 years age group 48% in males 36% in females minimum percentage of obesity in minimum age group is 20-30yrs in males. 9.8% in females 8.5%.

Age	Males	Females
40-50 years	48%	36%
20-30 years	9.80%	8.50%

DISCUSSION

obesity in one of to most important public health problem in world wide. According WHO study one sin adult in obese. According to study conducted by WHO 2.75 million deaths occurs due to obesity every year worldwide. Discuss like diabetes metabolic, hypertension coronary artery Disease, dyslipidemias are associated with obesity. Several studies across india shows,[4-6] there is increase prevalence of obesity in India.[8] Obesity is classified as of general obesity and central obesity. Obesity most commonly measure by BMI (Wt/Ht2) (Kg/M^2). BMI correlated with body fats. Adipose tissue is composed of lipid storing adipose cell. And adipose mass increases by enlargement of adipose cell through lipid deposition. Body fat can also be measure by waist circumference skin fold thickness etc.

India having 125 crores population and 2nd most highest population after China several studies from different parts of India showed an increased prevalence of obesity. Most of these studies have been from urban India. These different studies of obesity have been followed several methods and until now, there has been no nationality approved study till date on the prevalence of obesity in India.

CONCLUSION

The prevalence of overweight and obesity in slowly increasing in india, may be due increased urbanization, sedentary life style, irregular food habits, , economic burden will be more on the country if the prevalence is increases continusoly . so there is need for intervention of government agencies and NGO's to educate the students, teachers, different sections of public to decrease the prevalence of obesity.

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