
Title : Prevalence of Overweight and Obesity in Relation to Physical Activity Pattern of Adults

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Introduction:

As the pandemic of overweight and obesity around the globe continues to rise, many developing countries face a double burden of over nutrition and under nutrition (WHO/FAO, 2002). Obesity is adjudged as major risk factor for non communicable diseases.

Methodology:

The study was undertaken to assess the prevalence of obesity in relation to physical activity pattern of adolescent population. A total number of 540 subjects between age group of 40-60 years adults were screened to identify overweight and obese adults on the basis of anthropometric measurements. Overweight and obese subjects were classified on the basis of BMI (WHO Classification, 2002).

Results:

The findings of the study revealed that there were 27.1 percent overweight while 9.6 percent obese subjects. There were 36.4 subjects who were having BMI above 40.3 percent where female were remaining 32.5 percent were males. The subjects who were categorised as either overweight or obese among them 24.8 and 29.9 percent 65.2 and 54.5 percent men women respectively. The physical activity pattern of the obese/overweight subjects revealed that all obese/overweight women under study were having sedentary working pattern. Even majority of overweight / obese subjects (98.86%) were following sedentary working pattern while only 1.13 per cent male subjects were moderate worker. All women subjects were following sedentary pattern in day to day life. Maximum number of overweight/ obese subjects men (82.95%) and women (81.65%) subjects were using vehicle as a mode of transport none of the selected subjects walk more than 1 km. in a day. The physical activity level of overweight / obese subjects indicated that all of them were categorized as physically in active (PAL < 1.4). The data with regard to utilization of leisure time indicated that the subjects under study spend it on watching TV (97.7%) and (94.4 %), reading (57.9%) and (35.7%), computer work (25%) and (5.5%), chitchatting (89.7%) and (97.24%) male and female subjects respectively. It was noticed that only 1.13 percent and 1.83 per cent subject practiced yoga, only 10.22 percent male and 10.09% female subjects were going for walk for half hour daily.

Conclusion:

From the study it is concluded that sedentary life style, very less exercise and low PAL levels were observed among overweight/ obese subjects.

References:

- WHO/FAO 2002. Report of the Joint WHO/FAO Expert Consultations on Diet, Nutrition and the Prevention of Chronic Diseases. World Health Organization, Geneva.
- WHO Expert Consultation (2004). Appropriate body mass index for Asian populations and its implications for policy and Intervention strategies; *Lancet*. 10;363(9403): 157-63