

**Title : Clinical Examinations of Overweight and Obese Adolescents**

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**Introduction:**

The childhood obesity is substantial health burden worldwide and its impact being observed in developing countries. Increasing rates of overweight and obesity has reached epidemic proportions in developed countries and is rapidly increasing in many middle-income and less-developed countries.1 globally International obesity Task Force (IOFTC) estimated that up to 200 millions school aged children are either overweight or obese, of those 40-50 millions are classified as obese. The present study aimed to assess the prevalence of overweight and obesity among adolescents and to study the body composition of selected overweight/ obese adolescents.

**Methodology:**

A total number of 1221 adolescents' girls and boys were selected from various schools of the Parbhani City. Two anthropometric measurements viz. weight and height of all selected adolescents were taken for screening overweight/obese adolescents based on percentile of body mass index. It was indentified that 132 subjects were overweight /obese subjects and further they were divided into two groups control (78) and experimental (56) comprising equal number of male and female subjects was assessed for body composition. The body composition was measured clinically by using the instrument 'BODY STAT WELLNESS MARKER' (150MDD).

**Results:**

The findings revealed that there were 132 (6%) of overweight and obese among the selected 1221 adolescents. The clinical examinations indicated that the mean percentage of fat among the experimental group boys was 30.69 per cent as against 20.4 in control group boys. In experimental group girls it was 29.66 per cent and 23.45 per cent in control group girls. Lean body mass was more in control group boys 81.03 per cent and girls 78.6 per cent while it was 68.32 per cent and 74.51 per cent in experimental group boys and girls respectively.

**Conclusion:**

From the study it is concluded that average fat percentage, total body fat and lean mass was higher in overweight/ obese boys than and non obese girls.

**References:**

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