Relationship between Obesity and Physical Fitness in School-Going Children of Anand District

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Abstract

Aim: To find the correlation between obesity and physical fitness in school-going children. Method: 1034 children of various schools of Anand were enrolled in the study. Obesity was evaluated using BMI, WC, WHtR and Sum of skinfold thickness (anterior thigh, supra-iliac and anterior abdominal). 6 minute walk distance was measured by the standard ATS guidelines, as a parameter for physical fitness. Results: In 5-11 years age-group children, for both boys and girls, there was significant positive moderate correlation between obesity and physical fitness. In boys and girls of 12 – 18 years age-group, there was no significant relationship between obesity and physical fitness. Conclusion: Obesity and physical fitness are having positive relationship with each other in 5-11years age-group. However, due to the cross-sectional type, the implications of the study should be made carefully.

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Key Words: Childhood Obesity, Physical Fitness, BMI, 6MWD, WC, WHtR

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