

Short Communication-3

Assessment of Overweight and Obesity among Urban Adult Males of Amritsar (Punjab)

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Abstract

In the present study, an attempt has been made to report the prevalence of overweight and obesity in 1,000 adult urban males of Amritsar city of Punjab. For the assessment of overweight and obesity, height and weight measurements were taken on each subject. The prevalence rate of overweight and obesity was calculated according to the latest WHO critical limits of body mass index (BMI). The observations revealed that the prevalence of overweight and obesity in the present sample was 29.8% and 21.7%, respectively.

Key Words: **Body Mass Index, Obese, Underweight**

Introduction:

According to World Health Organization (1998), one of the greatest public health challenges in the first-half of the 21st century is preventing the epidemic of obesity. Obesity is now so common that it is replacing the mere traditional public health concerns, including under nutrition and infectious diseases, and has proved to be one of the most significant contributors to ill-health. An increasing dichotomy can be seen in many developing countries whose populations are facing the serious problems of hunger and under nutrition as well as overweight and obesity (Shetty, 2003). For example, although the majority of Indian citizens are undernourished, a growing sector of urban population and high-income groups are becoming overweight and obese. Punjab is an economically advanced and physically robust state of India. Urban upper middle

class of Punjab has achieved a socio-economic status similar to that of the developed countries, especially with respect to living conditions and nutritional intake. The socio-economic development has created changes in dietary intake, food consumption patterns and physical activity levels. All these factors have contributed to the problem of overweight and obesity. Therefore, in the present study, an attempt has been made to report the prevalence of overweight and obesity in urban adult males of Amritsar.

Materials and Methods:

This study was approved by the Ethical Committee of Guru Nanak Dev University, Amritsar (Punjab). The consent for participation was obtained from each subject. The aims and importance of the study were explained to each subject.

In this cross-sectional study, the data from 1,000 adult males of age 30-50