

Effect of Physical Activity on Prevalence of Risk for Obesity and Diabetes in School going Children and Adolescents

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Abstract

Aim: The purpose of this study was to estimate the effect of physical activity on prevalence of risk for obesity and diabetes. **Method:** 2048 children had undergone questionnaire and dietary survey and health examination. Out of these, 1017 were from urban population and 1031 from rural population Children and adolescent aged 10-19 years were selected randomly for questioning regarding the different aspects of epidemiology and their health examination was done. **Results:** In the total population (2048), 35.21% children were performing > 60 minutes physical activities. Diabetic children are more in the category performing < 60 minutes of physical work. Boys were more physically active than girls. Overweight children were more in those performing <60 minutes activity. When the physical activity of rural and urban children is compared, urban children were inclined towards more sedentary behavior than rural children. Obese diabetic children were more in physically inactive category. Diabetic children were less physically active than normal ones. These findings indicated that promotion of physical activity is an important factor to prevent obesity and its related disorders. Subjects who were having impaired glucose levels were totally unaware of the diagnosis at the time of examination and physical inactive. **Conclusion:** Children can prevent the development of obesity and type -2 diabetes by increasing their level of physical activity. Childhood obesity can be prevented by living actively, eating in healthful ways and creating a nurturing environment.

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