

Overweight and Obesity in Physically Active Men in Punjab

Nishibha Thapliyal and Ashok Kumar

Abstract

Aim: The aim of the study was to measure overweight and obesity in physically active men in Punjab. **Method:** One hundred (N=100,) men with moderate physical activity between the ages 20-40 years were randomly selected. Each subject was measured for anthropometric parameters after taking valid consents. **Results:** The mean age, height and weight of men was 34.1±5.0 year 172.7±3.7 cm and 71.6±5.7 kg. About 29% of men were found to be overweight as per the BMI classification given by World Health Organisation (WHO). 77% of individuals showed Waist hip ratio (WHR) as 'substantially increased'. A strikingly high 67.5 % (out of 77) of subjects who had normal BMI showed increased WHR. **Conclusion:** It was concluded that individuals with normal BMI also had high WHR ratio signifying the prevalence of high abdominal obesity in these men in Punjab. A high number of active individuals had high WHR indicating increase risk of developing chronic metabolic diseases. Intervention to control abdominal obesity is recommended.

Nishibha Thapliyal

Ph.D. Scholar
Department of Sports Science
Punjabi University (Patiala) Punjab, India.
Email: nishibhathapliyal@gmail.com

Ashok Kumar

Associate Professor
Department of Sports Science
Punjabi University (Patiala) Punjab, India.
Email: akashokin@gmail.com

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Introduction

Overweight and Obesity are defined as excessive accumulation of fat in the body that presents a health risk. (WHO) It is an epidemic that entire world is suffering from. Globally 39% of adults aged 18 years and above are overweight and about 13% obese (WHO factsheet 2016). This global rise in obesity has also affected India as well. India which was traditionally known for malnutrition earlier has also seen a rise in number of cases of overweight and obesity (Prentice 2006; Karala 2002; Chatterjee 2002). In India, according to the NFHS Survey 2005-2006, Punjab topped the list of the rate of obesity in entire India with 30.3% of males and 37.5% of female being obese followed by Kerala (NFHS 2005-06). Generally a person having body weight at least 20% higher than he/she should be considered as obese. Body Mass Index (BMI) is the most commonly used diagnostic tool to measure obesity but in Indians a unique trend in obesity is visible. Indians tend to gain excessive body fat in abdominal and subcutaneous regions (Kalara 2012). Hence BMI along with Waist Circumference and Waist Hip Ratio (WHR) are also needed to study the prevalence overweight and obesity in India as there are many reports suggesting that for a given BMI, Indians have higher or increased waist circumference (Ramachandran 2005). Often activity also plays an important role in the controlling weight but some studies have also observed that sometimes moderately active men may also become overweight or obese (Tjepkema 2006). In the present study overweight and obesity were measured in active men through various indices like BMI, Waist Circumference, Waist Hip Ratio etc as one indices may not indicate the true pattern of overweight and obesity.