Prevalence of overweight and obesity among the adolescents in Belgaum city: A cross-sectional study

Tika Ram Gurung
Hope International College, Nepal

Introduction: The World Health Organization (WHO) defines obesity as a ‘global epidemic’. An overweight adolescent has a 70% chance of becoming obese. Overweight and obese adolescents are at higher risk for developing long-term chronic diseases.

Objective: Primary objective: To estimate the prevalence of overweight and obesity among adolescent school students
Secondary objective: To assess the association between overweight, obesity and life style.

Hypothesis: Today's life style is a strong determinant of overweight and obesity among adolescents.

Methodology:
Study design: Cross-sectional study
Sample Size: 300 students
Study duration: 6 months
Setting: Class 8th, 9th and 10th of St. Paul’s High school, Belgaum District

Measurement: Body weight was recorded to the nearest of 0.1 kg using a standardized calibrated scale with subjects barefoot and wearing light clothing. Height was measured to the nearest of 0.1 cm with standardized wall-mounted height boards with a sliding head piece. To minimize inter-observer error, weight and height were taken by one person. The international cut off point body mass index (BMI) for children (also called BMI-for-age) CDC criteria was used for classifying as overweight and obesity.
Statistical Analysis: Logistic regression, Chi square test and Percentage.

Results: The overall prevalence of overweight and obesity in the present study were 12% and 3.3% respectively. The highest prevalence was among those aged 15 years i.e. 50% in each. 63.33% adolescent were belonging to families with income of more than Rs.10,000. And 96.33% adolescent practiced regular physical activity like walking, playing games, exercising etc. 72.67% student was non-vegetarian.

Conclusions: In spite of playing more outside games and doing physical activity, prevalence of overweight and obesity among adolescents in Belgaum is increasing rapidly. There is an urgent need to implement strategies for prevention and control of overweight and obesity among the adolescents.

Biography
Tika Ram Gurung has completed his graduate degree from Tribhuvan University, Kathmandu, Nepal in 2007. And he has completed his MPH (Master in Public Health) degree at the age of 29 years from JN Medical College, KLE University, and South India. He is the Head of Department of Public Health of Hope International College affiliated to Purbanchal University. He has done various researches in public health. He had started his first job at Sanjeevani Nursing College at Butwal, Nepal and has worked as a coordinator at Oasis Medical College Teaching Hospital and Research Centre, Bharatpur, Nepal. He is being involved in overweight and obesity since his master course. He has presented his paper in different conferences. He is member of Nepal Health profession council since 2011.

gtkagurung261@yahoo.com