

## Obesity and their correlates- Role of Nutritional education, A longitudinal study among medical students of India

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### Abstract

Nutritional intake during adolescences is important for growth, long term health promotion, and the development. The present study has been carried out to find out the prevalence and changing pattern of overweight and obesity in medical students and to determine the correlates of overweight and obesity

Total number of participants was 240 comprising of 150 male and 90 female medial students and interns. They were given nutritional education and followed up during Internship. Body Mass Index (BMI) of  $<18.5 \text{ Kg/m}^2$  was taken as cut off point for underweight. Overweight and Obese were taken at the level of  $>25.0 \text{ Kg/m}^2$  and  $30 \text{ Kg/m}^2$  and above respectively.

During 3<sup>rd</sup> to 5<sup>th</sup> semesters, among 150 male students, 15 (10.0%) were overweight while 9 (6.0%) were found to be obese and 6 (4.0%) were underweight. Among 90 girls, 21 (23.3%) were overweight, 10 (11.1%) obese and (7.7%) were found to be underweight. During internship, prevalence of obesity was decreased to 5.2% and overweight was declined to 3.4%. High calorie intake was noticed in 45 (30.0%) male students and lack of physical activity was observed in 25 (16.7%) male students. Among female students, high calorie intake and lack of physical activity was found in 31 (34.4%) and 20 (22.2%) students respectively.



### Biography:

After completing Doctor of Medicine course in Community Medicine in 1998, he joined the faculty in the Dept. of Community Medicine, J.N. Medical College in 1999. He has been awarded Ph.D. in Community Medicine in 2016. He is teaching undergraduate and postgraduate medical students and nursing students and also involved in the training of medical interns in rural health programmes. He is also involved in the research activities directed towards micronutrient deficiencies, HIV/AIDS, disaster management and environmental health issues. He has got 130 papers published and presented 138 papers

in conferences. He has been Coordinator/ Investigator projects including UNICEF, Bill & Melinda Gates Foundation.



### Speaker Publications:

1. Ansari, M Athar & Khan, Zulfia. (2019). Impact of Health Education Intervention on Consumption of Iodized Salt in the Community in North India. Indian journal of community medicine: official publication of Indian Association of Preventive & Social Medicine. 44. 177-178. 10.4103/ijcm.IJCM\_269\_18.
2. Juneja, Khushboo & Khalique, Najam & Khan, Mohd.Haroon & Ansari, M Athar & Ahmad, Anees. (2018). Impact of Maternal Anaemia on Newborn Weight in Aligarh.
3. Ansari, M Athar. (2018). Impact of Nutritional Education on Obesity and Their Correlates- A Longitudinal Study among Medical Students of India. Current Research in Diabetes & Obesity Journal. 6. 10.19080/CRDOJ.2018.06.555696.
4. Maroof, Mohd & Ahmad, Anees & Khalique, Najam & Ansari, M Athar. (2018). Health-care utilization pattern among elderly population: A cross-sectional study. 7.
5. Najmul Aqib Khan, Mohd & Ansari, M Athar & Ahmad, Anees & Khalil, Salman & Maroof, Mohd. (2018). Coverage and sociodemographic association of cataract surgery among elderly population of Aligarh: A cross-sectional study. International Journal of Medical Science and Public Health. 7. 10.5455/ijmsph.2018.072035012018.

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