



NUTRITIONAL SURVEY ON PREVALENCE OF OBESITY IN ADOLESCENT BOYS AND GIRLS

INTRODUCTION:

Obesity is defined as abnormal or excessive fat accumulation that may impair health. Adolescent is a period of growth and development that occurs after childhood and before adulthood. For adolescent, obesity is defined using age and sex specific normograms for body mass index. When BMI equal to exceeding the age-gender-specific 95th percentile are defined as obese. Those with BMI equal to or exceeding the 85th percentile but below 95th percentile are defined as overweight. Lifestyle issues like no much physical activity and too many calories for food and drink are main causes for adolescent obesity. Genetic and hormonal factor might play role as well. Some of the complications include type 2 diabetes, a chronic condition affects the way child's body uses sugar. Joint pain, excess weight can cause pain and injuries in hips, knee and back. Breathing problem is common in obese child. Adolescents who are obese are at higher risk of low self- esteem, distorted body image, depression and anxiety.

OBEJECTIVE:

- To know about the knowledge that adolescent group belonging to the age 15-18 years have about obesity.
- To create awareness regarding the complications of obesity if untreated.
- To know the weight pattern in the young adolescents and the prevalence of obesity.

METHODOLOGY:

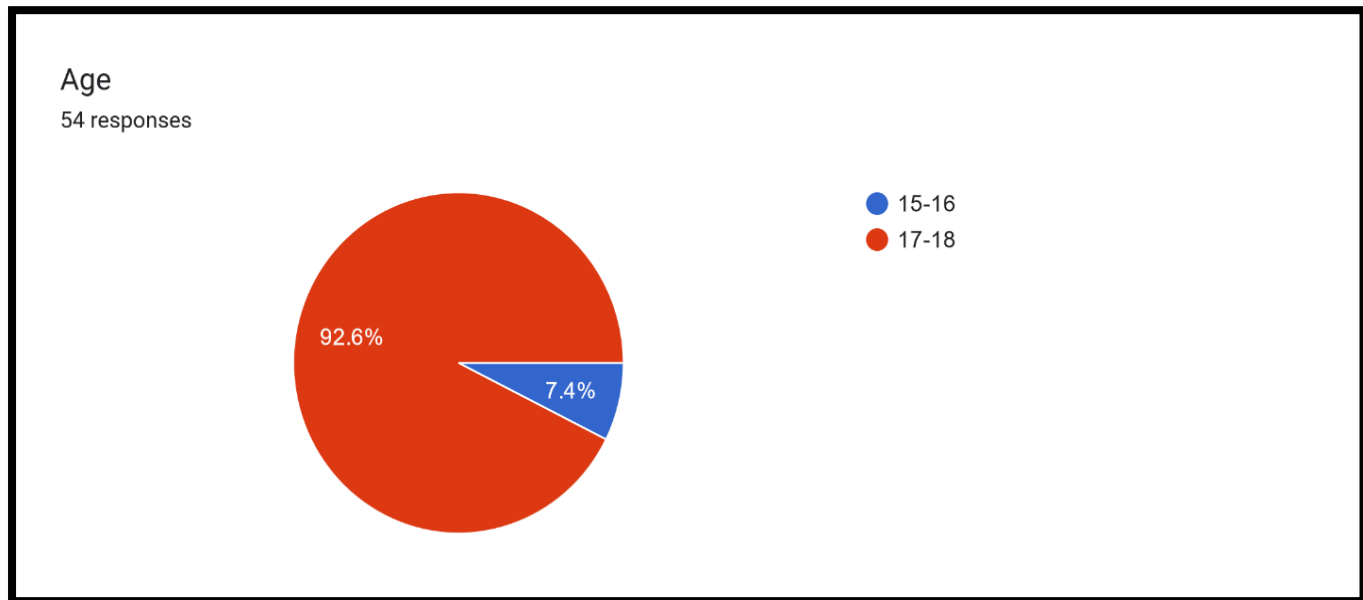
Survey was conducted among 50 individuals of both sexes belonging to age group 15-16 and 17-18 years. The questionnaire was formulated and survey was conducted over online mode with the aid of google forms.(<https://forms.gle/zQtBerDEioDgPc5o8>)

RESULTS:

The questionnaire comprised of basic details of the individual and asked question based on the condition. The google form was answered by 54 adolescent boys and girls aged between 15-16 and 17-18 years. The age ratio of survey population is as depicted in Graph1, which

consisted 92.6% of individual belonging to age group of 17-18 years, 7.4% of the individual belonging to age group of 15-16 years.

Graph 1:
Age ratio of the survey population

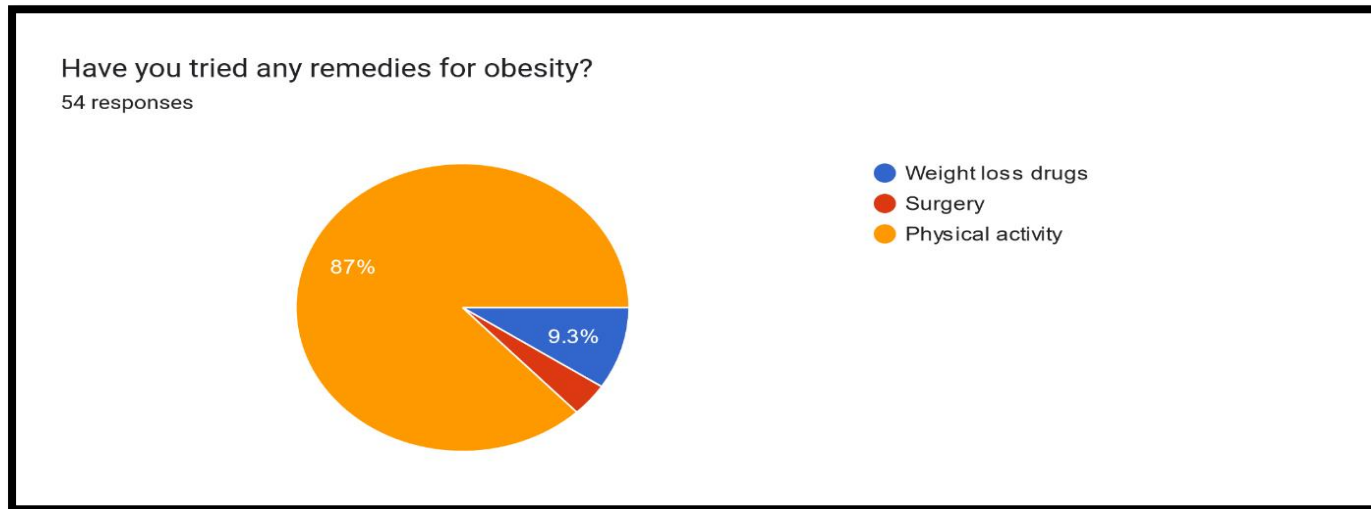


On questionnaire concerning basic knowledge of obesity, 83.8% of the population were aware about obesity whereas 16.7% denied and had no idea. The survey depicted that 55.6% of the population were obese whereas 44.4% of the population denied it. This shows that nearly half of the population stands to be healthy whereas the other half claims to be obese.

On asking about if body weight restrict them from regular activity, 57.4% of the population denied the claim whereas 42.6% of the population agreed. Though 55.6% of the population considered to be obese but all of their body weight did not restrict them from regular activity. It was seen that most of them were able to do day to day work without any obstruction.

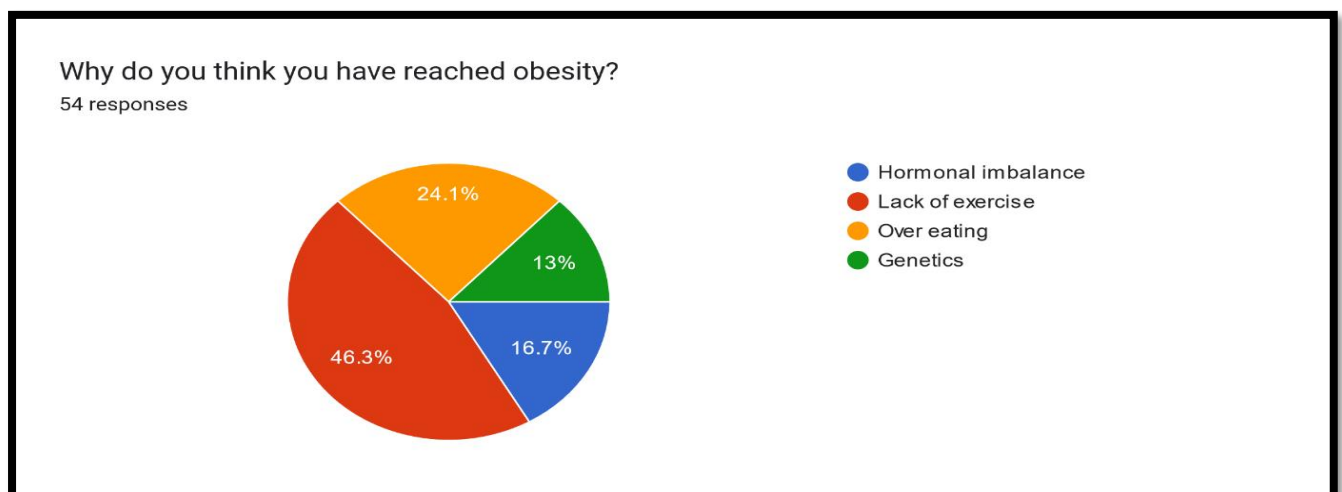
The data on preferred remedies for obesity by the population is depicted in graph 2, which shows the major part of the population prefers physical activity to be the best option for a healthy lifestyle and 9.3% of the population choose weight loss drug over physical activity whereas the minute part of the population consider surgery as a option to overcome obesity and lead healthy life.

Graph 2:
Remedies for obesity



The data on cause for obesity is depicted in graph 3, of which Majority of the survey population, 46.3% felt that lack of exercise was the main cause of obesity. 24.1% of the population claims overeating to be the cause of obesity. 16% think hormonal imbalance lead them to obese individual and remaining survey population consider genetics to be the cause.

Graph 3:
Cause for obesity



Majority of the survey population, 77.8 % consider obesity as a disease whereas 22.2% of the population does not claim it to be disease. Based on BMI prescribed by world health organization it was seen that only 20.4% of the survey population was very well aware of the

BMI. On the other hand 38.9% of the population was somewhat familiar with the concept whereas 40.7% of the survey population were completely unaware of the BMI prescribed by the world health organization.

On questionnaire concerning, if obesity is main cause for cardiac disease and diabetes. Major part of the survey population 51.9% had no idea whereas 33.3% of the survey population claimed it be a cause and 14.8% of the population denied the claim.

Majority of the survey population, 70.4 % claimed on checking their body weight occasionally whereas 16.7 % of the population preferred to check weight once a month and 13% claimed to check weight on weekly basis.

The major part of the survey population, 53.7% occasionally skipped meal or cut down the portion size whereas 29.6% of the population made sure never to skip meal and 16.7% claimed to skip meal very often.

DISCUSSION:

Obesity is due to positive energy balance, the intake of calorie is more than the expenditure of energy. Its state in which there is excess accumulation of fat in the body. It is influenced by numerous factor like social, behaviour , psychological, cellular, choice of food, absorption of food by the body, ability to digest and exercise are factors that determine body weight. The nutritional survey on obesity was conducted for adolescent boys and girl, through this it was seen that majority of survey population was aware the obesity and over half of the survey identified to be obese. When asked about remedies major part of the population preferred physical activity over weight loss drugs and surgery. Nearly half of the population consider lack of exercise to be the main cause for obesity whereas one fourth of the population consider over eating to be the cause and minute part of the population claims hormonal imbalance and genetics to be the cause for obesity. When asked about the BMI prescribed by world health organization half of the population was familiar and other half had no idea and only the small part of survey population was aware about the prescribed BMI. On asking, if obesity to be the main cause for cardiac disease and diabetes it was seen that majority of the population was confused and less than half of the survey population claimed it to be the reason whereas small part of the population disagreed. It was seen that most of the survey population check weight occasionally whereas rest checked the weight weekly and monthly. On asking about skip meal and reduced portion size nearly half of the survey population skipped meal occasionally and

one fourth of the population never skipped meal and minute part of the population claimed to skip meals very often.

CONCLUSION:

From the study it was concluded that people were aware about the obesity and preferred positive approach like physical activity as a remedie for obesity. But it was seen thart survey population had no much idea on the BMI prescribed by the world hralth organization in such case educational institute plays major role in providing information regarding the condition and educate students with all necessary information . Having a physical activity session once a weak would play a major role in controlling adolesant obesity.

BIBLIOGRAPHY:

Srilakshmi, B. (2014). Dietetics.Seventh multi colour edition. New Age International Publisher, 290-315.

SAKSHA SHETTY

2nd M.Sc FSN

P05BW21S0007