

## Prevalence of Overweight among School Going Children of Bellary, Karnataka, India

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### Keywords

Overweight, Obesity, Body Mass Index

### Abstract

Obesity may be an advanced condition with serious social and psychological dimensions, that affects just about all age and socioeconomic teams and threatens to overwhelm each developed and developing countries. A cross sectional study was conducted among fifth and sixth commonplace students of grade school of Bellary town Corporation. The sample size was one hundred and also the technique adopted is straightforward sampling. Permission from several authorities of colleges was conjointly taken. Information was collected mistreatment pre designed and pretested semi structured form. The prevalence of overweight and fleshiness is found to be twenty first. The prevalence of overweight alone is Revolutionary Organization 17 November and fleshiness is four-dimensional. There's exaggerated prevalence of overweight/obesity among youngsters.

### Introduction

World Health Organization's latest projections indicate that globally in 2005, about 1.6 billion adults were overweight and a minimum of four hundred million adults were corpulent. World Health Organization more comes that by 2015; about 2.3 billion adults are going to be overweight and over 700 million are going to be corpulent. The problem of fatness is confined not solely to adults however additionally to youngsters and adolescents. Varied studies additionally indicate that the prevalence of overweight and fatness amongst youngsters of all ages is increasing in developing countries within the past few decades. Figures on the world prevalence of childhood fatness are compiled by the planet Health Organization wherever many developing countries like Nicaragua, Brazil, Antigua, Zambia, Republic of Venezuela and South American country, show a prevalence rate of over two Countries like Barbados, Honduras, Lesotho, Bolivia, Trinidad, Asian nation and Mauritius have >4% prevalence, whereas Jamaica and Chile high the list with 100 percent larger prevalence rate in class children<sup>6</sup>. There's solely restricted knowledge on the prevalence of fatness among adolescents in Asian country. The rising prevalence of childhood/adolescent fatness can't be addressed by one etiology. Multiple factors plays role i.e. lack of physical activity, unhealthy intake patterns, or a mix of each with biological science and style enjoying necessary roles in determinative a child's weight. Television, laptop and video games contribute to children's inactive lifestyles. Food preferences developed in childhood stay fairly

constant into adulthood. Youngsters square measure intake additional meals removed from home and people meals square measure usually high in fat and low in fiber-rich carbohydrates like fruits, vegetables and whole grains. It's simple for youngsters to consume high fat, calorie-dense foods as a result of several youngsters square measure supplied with pin money and have the liberty of alternative in meals, particularly breakfast and lunch.

### Methodology

This cross-sectional study was conducted among grade school of Bellary town Corporation, Karnataka. The study subjects consisted of fifth and sixth customary students. Altogether a hundred kids were elite by easy sampling technique. Information was collected by interview technique employing a pre-tested form when telling them what the study is concerning and taking the verbal consent of the scholars. Consent from faculty authorities was additionally taken. At the same time, height and weight were measured. Height was taken employing a customary 3 piece measuring rod at their school rooms corrected up to 1mm. students were asked to square upright against a wall with the heels touching the wall and therefore the chin command horizontally so the cartilaginous structure of the ear and therefore the eye are in a very line, then the rod was adjusted and therefore the height in cm was browse. Weight of all students was taken exploitation rest room scales label at the legal science department and corrected with a lever balance up to 0.5 kilo and label daily for zero error. The scholars were asked to square upright, blank web-footed on the scales trying straight whereas the mensuration was browse. A mensuration known as grade of Body Mass Index (BMI) is employed to spot overweight and fleshiness in study subjects. Body mass index is calculated supported physical measurements like height and weight.  $BMI = \text{weight (kg)} / \text{height (m)}^2$  National Centre For Health Statistics/CDC -2000 growth charts for kids and adolescents aged 2-20 years i.e. BMI for age and sex grade growth curves are accustomed classify the themes as overweight and fleshiness. The classification adopted during this study is, Weight standing class grade vary skinny - but the fifth grade traditional weigh - 5thpercentile to but the eighty fifth grade Overweight - eighty fifth to but the ninety fifth grade weighty - adequate or bigger than the ninety fifth grade

### Results

In this study, 100 children were considered as study subjects and among them 64% were boys and 36% were girls. Majority of study subjects were in the age group 12 years (58%) followed by 11 years (38%) and 10 years (4%) The prevalence of obesity among study subjects was found to be 4%

and overweight is 17%. Together, prevalence of overweight and obesity is 21%. Underweight children comprised of 46%.

## **Discussion**

The present study unconvincingly demonstrated that the combined prevalence of overweight and fat is twenty first. Comparison the results of this study with different studies in India unconvincingly demonstrated that the prevalence of overweight is in line with different studies whereas the prevalence of fat is high. The prevalence study of fat among adolescents publicly colleges of Ludhiana, line of work to the affluent section of population, showed that twelve.7% was overweight and three.4% was fat. Another study administered in Amritsar district of geographical area found that the prevalence of overweight is 10.94% and fat 5.62%. The high prevalence of overweight/obesity in youngsters is very important as a result of fat youngsters become fat adults therefore increasing the danger of assorted diseases. This has been proven in several different studies within the past and is being researched even nowadays to search out the precise etiology. A faculty based mostly study in Madras worn out adolescents showed that the prevalence peaked at 10, 13 and 15 years. Whereas a study in urban center showed that the utmost prevalence of fat was at 10-12 years. It's been found that prevalence in higher ages of adolescents is reflective of overweight/obesity in adulthood.

## **Conclusion**

The magnitude of overweight/obesity among academic students in Bellary Town Corporation is high compared to different studies conducted in Republic of India.