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RESEARCH ARTICLE

PREVALENCE OF OBESITY IN RURAL SOUTH INDIA.

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Abstract

Obesity in (1) one of the most common Disorders in medical practice and most frustrating and difficult to treat.

Aim Of The Study: To Asser the prevalence of central and general obesity in a rural south India including Andhra Pradesh and Telangana States.

Methods: 769 Subject were included in this study. They were randomly selected to include in this population based cross selection survey conducted (in 2017) between March to May in the year 2017.

Result: Prevalence of overweight BMI 23-24.9/kg /m² and obesity in more in female 60% than male 40% baxdan age destitution in males. Obesity in max in 40-50 years age gap (50%) and minimum in 20-30 age gap (8%) in females. Max in 40 – 50 years (36%) minimum in 20 – 25 (9%) Baxdan BMI and of 769 subjects 518 were normal (65%) Whereas 118 (15%) were one of 129(18%) were pre Obese 19(25%) were obese 3(0.55) we morbid obese.

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Introduction:-

“Overweight” and “obesity” signify a range of greater weight than what should be normal for individual. It is calculated 0 height of the individual and determination of body mass index (BMI) and c provides information about health risk. It correlates with the amount of body fat.

Body fat can also be measured by other methods such as weight taken underwater or double energy x-ray absorptiometry. Beside BMI, waist circumference, lifestyle, such as high blood pressure or lake of exercise something predicts obesity-related diseases, such as high blood pressure, high cholesterol, and type 2 diabetes.

Observation:-

Table 1:- showing the various classes based on BMI

Total Objects	769
Over Weight	115
Pre-Object	139
Obese	15

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Morbid Obese	03
Normal	497

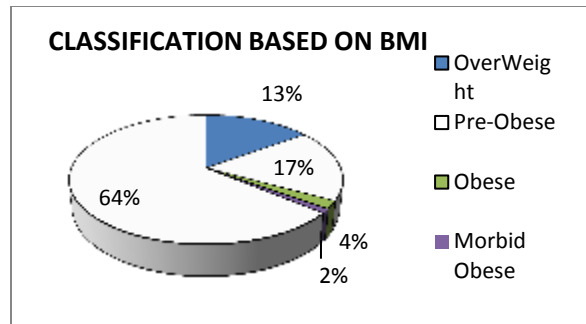


Table 2:- Showing the Age distribution of Obesity in MALE

Age in Years	Total	Percentage
20-30	113	14
30-35	49	6
35-40	103	13
40-45	428	53
45-50	118	14

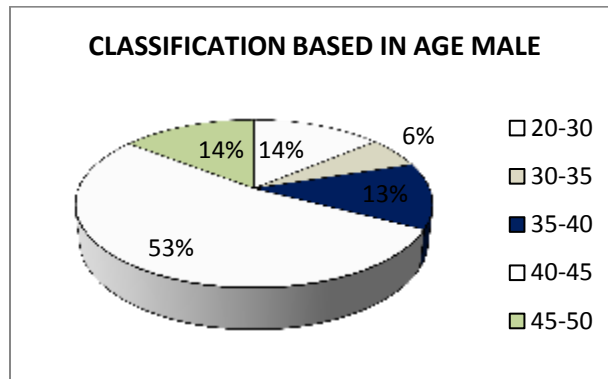
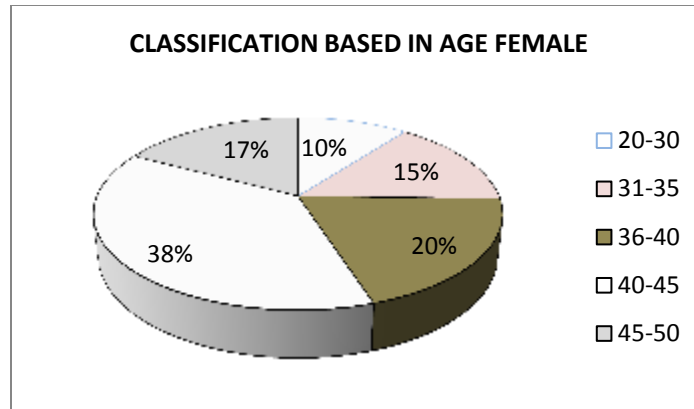


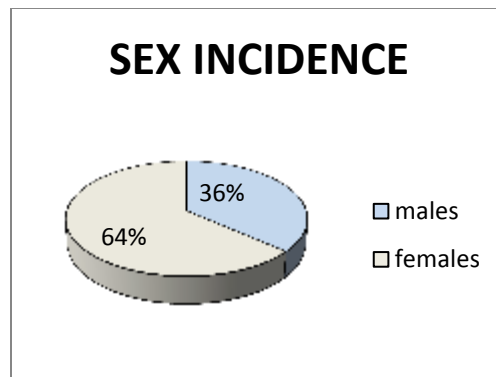
Table3:- Showing the Age distribution of Obesity in FEMALES

Age in Years	Total	Percentage
20-30	56	10
30-35	81	15
35-40	105	20
40-45	203	38
45-50	93	17



Age Incidence:-

Depending on age destination in males the prevalence of obesity was maximum in the 40-45 yrs group (53%) and minimum in 30-35 years Group (6%). In Females maximum was 40-45 yrs (38%), minimum was 20-30 years (10%).



Conclusion:-

In normal prevalence of south India. The prevalence of central and general obesity is high among male and female with the use of weight proposed cut off points for Asian population.

Discussion:-

According to world health organization (WHO), Obesity as one of the most upcoming public health problems in developing countries. WHO Statics Report 2012 states that one in six adults is obese. WHO estimates approximately about 2.8 million individual deaths occur due to overweight or obesity. Obesity is now being considered as a disease which is usually associated with other co-morbidities like diabetes, hypertension, dyslipidemias and cardiovascular disease. Obesity can be classified as generalized obesity (Go) and abdominal obesity (AO). Individuals with obesity are exposed to greater mortality and morbidity compared to normal individuals. India having above 125 core people is one of the largest populated countries of world. Several studies from different parts of India showed an increased prevalence of obesity. But many of these reports have been from areas of urban India. These different studies of Obesity have followed several methods and definition until now; there has been no nationality, approved study till date on the prevalence of obesity in India.

The term “overweight” and “obesity” have specific important in healthcare. Obesity denotes a range of weight height. Determination of body mass index (BMI) can provide more information about health risks. For adults, overweight and obesity range are determined by using weight and height to calculate the body mass index (BMI). It correlates with the body fat.. Besides BMI, waist circumference, high blood pressure, high blood pressure, high cholesterol and type 2 diabetes or lack of exercise are also related to Obesity.

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