

**OVERWEIGHT AND OBESITY  
AMONG ADOLESCENT BENGALEE BOYS OF  
MIDNAPORE TOWN, WEST BENGAL**

**Ph. D. Thesis Synopsis**

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## Summary

The World Health Organization (WHO) describes overweight and obesity as one of today's most important public health problems, which is escalating as a global epidemic. However, although this health burden has been well documented in most developed and some developing countries, there is paucity of data from Indian, particularly among the Bengalee ethnic population of West Bengal. Therefore, a cross sectional population based study was conducted to determine prevalence of obesity and associated factors among adolescents aged 10-18 years in Mindapore town of West Bengal. In general, overall prevalence of overweight and obesity based on BMI was 14.5% and 3.5%. Prevalence of overweight is higher in early adolescent (16.4%) than late adolescent (13.1%). Similarly, the prevalence of obesity was early adolescent (3.7%) than late adolescent (3.3%). Moreover, overall prevalence of obesity based on PBF was 17.1%. Prevalence of obesity was higher in early adolescent than late adolescent.

The prevalence of overweight and obesity was significantly higher ( $p < 0.001$ ) among the adolescents of high socioeconomic status (24.7%) as compared to the low socioeconomic status (11.3%). The overall prevalence of overweight and obesity in the urban areas was about 18%, which was significantly higher among high socio-economic groups (24.7%). The major correlates for the overweight and obesity among urban adolescents were physical inactivity such as duration of watching television, playing indoor game (video or computer games) high socioeconomic status of parents, consumption of high protein. The involvement in physical activity such as participation in outdoor games/sports, and physical exercises were associated

with low prevalence of overweight and obesity. High body fat percent in adolescents was also associated with high prevalence of overweight and obesity.

Therefore, facilities at the schools and colleges should be made available to promote and regular monitoring weights of the school children, encourage aerobic physical exercises, participation in sports and games made mandatory in the school curriculum. Health and Nutrition education should be imparted regularly in all the schools and colleges.