Obesity prevalence in women aged 20-45 years in Farrukhabad district

J. KUSHWAHA**, R. P**RASAD **AND A. G**UPTA

ABSTRACT

For the Cross Sectional study, Farrukhabad district was selected purposively. About 744 women aged 20 – 45 years were selected for the present study. Stratified multistage random sampling procedure was adopted for this study to select the ultimate unit of the samples. Six villages and six Mohallas were selected randomly from one block and five wards. 62 women (5% of total women) from each village and Mohalla were selected randomly in rural and urban areas. For the data collection, a structured interview schedule was developed and data were collected by face to face interview. The anthropometric measurement of each of the respondents height and weight were recorded. The nutrient intake of the subjects was calculated on the basis of 24 hour dietary recall method. The results of this study showed that overall prevalence of obesity were found more prevalent, 21.50 per cent in urban area and 5.64 per cent prevalence found in rural area.

Key Words : Obesity, Obesity prevalence, Obesity related factors, Obesity in urban and rural areas

INTRODUCTION

Obesity may be defined as an abnormal growth of the adipose tissue due to an enlargement of fat cell size (hypertrophy obesity) or an increase in fat cell number (hyper plastic obesity) or a combination of both. Obesity is often expressed in terms of body mass index (BMI). Overweight is usually due to obesity but can arise from other causes such as abnormal muscle development or fluid retention.

Over recent years, rates of overweight and obesity have escalated rapidly in many parts of the world to epidemic proportions, reflection increased consumption of energy dense diets high in fats and sugars, compounded by declining levels of physical activity. More than 1.1 billion people are estimated to be overweight, of which around 320 million are now calculated to be obese. The International obesity task force (IOTF) estimates that up to 1.7 billion people may be exposed to weight related health risk, taking into account varied Asian population with a body mass index (BMI) of 23 or more. More than 2.5 million deaths each year are attributed to higher BMI, a figure that is expected to double by 2030.

To measure the obesity, anthropometric measurement is most commonly used method. In anthropometry, body mass index (BMI) is the most commonly used measure of overall obesity BMI can be considered to provide the most useful, albeit crude, population-level measure of obesity (WHO, 1995; WHO, 2000). In cross-sectional comparisons, BMI values may be used to estimate the prevalence of obesity within a population and the risk associated with it. It allows meaningful comparisons of weight status within and between populations and the identification of individuals and groups at risk of morbidity and mortality.

METHODOLOGY

This was a cross sectional study, the investigation was carried out during the year January 2009 to December 2009, assuming the prevalence of obesity. The data were collected from adult urban and rural about 744 women aged 20-45 years in different wards and blocks of Farrukhabad district. Stratified multistage random sampling procedure was adopted for this study to select the ultimate unit of the samples. Farrukhabad district of Uttar Pradesh state was purposively selected. The sampling stages were as follows.

In rural area Farrukhabad district consisted of seven blocks, out of seven blocks one block namely Kamalganj block was purposively selected for the present study which was easily approachable by the good transport facilities. The researcher had also established good relation with the respondents of the block. On the other hand in urban