

## Prevalence of Overweight/ Obesity among School Shildren in Karnataka, South India

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### ABSTRACT

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<b>Introduction</b>	Worldwide, non-communicable diseases (NCD) represent 43% of the burden of disease and are expected to be responsible for 60% of the disease burden and 73% of all deaths by 2020.
<b>Methods</b>	Institutional ethical clearance was obtained and administrative permission was obtained from the concerned school authorities. Eleven schools were selected randomly from Udupi District of Karnataka State in India. A school based survey was carried out among 2938 school children between the ages of 10 to 16 years. The demographic Performa was administered and standard procedures were followed to assess the anthropometric measurements.
<b>Results</b>	Out of 2938 children, 1666 (57%) were males, 1216(42%) were living in a family of four family members, 1773 (60%) children reside in the rural area, 65.8% aged between 13 to 16 years, 74.6% lived as nuclear family. Findings showed that 7% of the children were overweight and 5% were obese. The Pearson Correlation between BMI and waist circumference showed a positive ( $r = 0.763$ , $p < 0.0001$ ). The chi-square showed that the BMI of the children were significantly associated with age of the child in years ( $P < 0.001$ ), gender of the child ( $P = 0.005$ ) and number of siblings ( $P=0.032$ ).
<b>Discussion</b>	The prevalence of obesity is high in developed countries and similar trends are being observed in recent years among children from developing countries. Monga (2004) reported the prevalence of obesity as 6.22% and overweight as 8.24% among school children in New Delhi, India. Sood et al (2006) reported the prevalence of overweight and obesity in affluent adolescent school girls of Bangalore city as 13.1% and 4.3% respectively. Higher BMI was found among children in the age of 10 to 12 years and more among girls than among the boys. The gender difference in BMI could be due to sedentary lifestyles of girls and also the pubertal changes. The findings of the study are supported by other similar studies.
<b>Conclusion</b>	Childhood obesity is increasing among children. Higher BMI was found among children age 10 to 12 years and among girls compared to boys. The gender difference in BMI could be due to sedentary lifestyles of the girls. As the BMI of children increases the waist circumference also increases.