



RESEARCH PAPER

Health complications and activity pattern of obese women

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Abstract : Obesity and overweight are creating a global epidemic. They are the risk factors for many non-communicable diseases. Rapidly changing diets and lifestyles are fueling the global obesity epidemic. Once being considered as a problem related to affluence, obesity is now growing fast in many developing countries. A study on health complications and activity pattern of obese women from Parbhani city was carried out. Total 210 obese women of age group 30 to 60 years from overweight (120) and obese (90) areas of Parbhani District of Maharashtra was purposively selected. The general information, health status and activity pattern by the obese women were obtained through a well-structured interview schedule. Lipid profile and blood glucose was estimated for a sub sample of 75 subjects who were willing to give blood sample. Blood pressure of a sub sample of 75 selected women was measured. Results of the study revealed that the values of serum cholesterol and triglyceride observed to be high in obese women. The values of HDL and LDL cholesterol of all the women subjects were found to be in the normal category. The values of VLDL cholesterol was observed to be at higher side in (72 per cent) women. Sixty per cent obese women were having normal blood glucose values whereas significantly more number of studied women were suffering from hypertension. From the study it can be concluded that respondents from both the groups were spending their leisure time on watching T.V. as watching T.V. is a sedentary activity which results in less energy expenditure and may lead to development of overweight and obesity.

Key Words : Obesity, Health Complications, Activity pattern

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