



Prevalence of Obesity and Abdominal Obesity in Working Adults of Mumbai Population

■ SANDESH NALAWADE AND D. PRABHU

See end of the paper for authors' affiliation

Correspondence to :
SANDESH NALAWADE
Singhania University, Pachari
Bari, JHUNJHUNU
(RAJASTHAN) INDIA

ABSTRACT : The objective of the present study was to analyze obesity and abdominal obesity in working adults in Mumbai. The participants of the study were 968 women and 978 men working adults in Mumbai age group of 21 to 45 years should have 6 months of experience in corporate industries. In men the prevalence of overweight 38.7 per cent was higher than in women 38.7 per cent the prevalence of abdominal obesity was higher in men than in women. This study proved that the prevalence and determinates of obesity and increased waist in working adults in Mumbai population are scarce.

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Key Words :

Obesity, Abdominal obesity, Increased waist, Body mass index

Increased in body fat is directly related to obesity [1], Body Mass Index (BMI) and Waist circumference are always being considered as surrogates variable to measure the body fat. The most currently used definition of obesity is based on BMI and on waist circumference (*i.e.* abdominal obesity). Studies conducted have proved that increased in waist circumference is an important factor to all-cause mortality or cardio-vascular risk factors than BMI [2-5]. Recent information on the prevalence and determinants of obesity and increased waist (abdominal obesity) in the working adults in Mumbai population are scarce.

RESEARCH METHODOLOGY

A simple, non-stratified random selection of the subjects was performed and a random sample of 2000 working adults of the overall population was analyzed. An invitation letter with a quick description of the study and a formulary in a pre-stamped envelope was sent to all randomized subjects. Subjects interested in participating were contacted telephonically within 14 days with prior appointment. Body

weight and height was measured with participants standing without shoes in light indoor clothes. Body weight was measured in kilograms to the nearest 100 g using a Seca® scale, which was calibrated regularly. Height was measured to the nearest 5 mm using a Seca® height gauge. Obesity was defined as BMI = 30 kg/m² [1]. Waist was measured with a non-stretchable tape over the unclothed abdomen at the narrowest point between the lowest rib and the iliac crest [6]. Hip was measured as recommended using a similar procedure. Two measures were made and the mean (expressed in centimeters) used for analyses. Obesity was defined as waist = 102 cm for men and = 88 cm for women. Statistical analysis was conducted using SAS 9.1 for windows comparisons.

Inclusion criteria :

- Adults with 21 to 45 years were included in the study.
- Adults should have 6 months of experience in corporate industries.

Exclusion criteria

- Pregnant employee were excluded from the

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