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Prevalence of obesity and nutrient intake among the urban women of Sambalpur, Orissa

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ABSTRACT : The study included 200 urban women from Sambalpur district, Orissa. Normal women and women with risk of obesity were recruited for conducting the study. Data on general information, socio economic status, and anthropometric measurements and nutritional profile were collected using interview schedule. The results revealed that about 21.5 per cent were normal women, 50 per cent were pre-obese, 24.5 per cent belonged to obese class-I type and only 4.0 per cent belonged to obese class-III category. In the present study, intake of calories, fat and carbohydrate were found higher in obese women than the non obese. These three nutrients are the major cause for obesity among women. The difference in the average intake of calories and fat were observed to be significant, ($P < 0.05$) with prevalence of obesity. Analysis of Variance showed no significant difference with other nutrients.

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