

## A study on socio-economic status of different weight status women

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Received: 27.02.2012; Revised: 07.04.2012; Accepted: 10.05.2012

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■ **ABSTRACT** : Socio-economic status is a particularly important to influence on obesity for women. The present work was conducted with the objectives to study on socio-economic status of different weight status women for which 350 women of reproductive age (15-49 yrs), were selected from Banaras Hindu University, Varanasi. Body Mass Index was calculated with height and weight measurements. The weight was taken by using the electronic weighing machine and height measured by measuring tape. Findings of the study revealed that 96.0 per cent women of all BMI groups were from Hindu religion and majority of women of all categories of BMI (72.86%) belonged to general caste. Maximum women of all categories of BMI belonged to nuclear family (77.43%), medium family size (67.14%) and non-working group (88.0%). The study showed that possibility of obesity increased in higher socio-economic status and higher income group women.

■ **KEY WORDS** : Socio-economic status, Educational status, Per capita monthly income

■ **HOW TO CITE THIS PAPER** : Srivastava, Shilpi and Chakravarty, Archana (2012). A study on socio-economic status of different weight status women. *Asian J. Home Sci.*, 7 (1) : 118-121.

Obesity is a growing health problem in many countries (Mohammad Ali and Lindström, 2006). Recently conducted National Family Health Survey (NFHS-3) has shown the problem of increasing proportion of overweight and obese, especially among women (Solanki *et al.*, 2008). The association of obesity with the 3Ds (disease, disability and death) underscores its importance as public health problem. Diseases associated with obesity are hypertension, Type II diabetes, heart disease, gallstones and even some forms of cancer to name a few. These comorbidities result in significant disability and early death in obese individuals. Reduced physical activity and excess energy intake are strongly linked to weight gain (Lombard and Teede, 2009).

Socio-economic status is a particularly important influence on obesity for women. A negative correlation has been found to exist between socio-economic status and obesity, and longitudinal studies have shown that for women, growing up with lower socio-economic status is a powerful risk factor for obesity (Kelleher *et al.*, 2003). Agrawal (2002) found that education of the women plays a significant role in increasing obesity. As the education of women increases obesity is also likely to increase. The present study was

undertaken with keeping in view the following objective:

To study the socio-economic status of different weight status women.

### RESEARCH METHODS

The study was carried out in Banaras Hindu University (BHU), Varanasi on 350 women (15-49 years). The residents of BHU campus are the employee of various categories and they belong to different socio-economic groups. Residential area is divided into 12 colonies in BHU. In each colony number of quarters is not same. To select the samples from each colony, stratified random sampling (proportional allocation) technique was considered. Since, the women characteristics are heterogeneous between colonies, only eligible population (15-49 years of women, excluding pregnant women) of these colonies were taken as sample. The subjects were requested to make an appointment at their house and a pretested schedule was used to collect the information. All body measurements *i.e.* weight (kg), height (cm), skinfold thickness (mm) and waist hip ratio (cm) were taken by using standard techniques (Jelliffe, 1966). Body Mass Index measurement was used for assessing the weight status of women. Body